

To: ALL PARTICIPANTS

Date: Revised 9/05/11

Regarding: RULES AND REGULATIONS FOR CO-ED 7-A-SIDE SOCCER

Objectives:

One of the main objectives to the 7-A-Side League is for experienced players to help the less skilled player to improve and make soccer the fun sport that it is. Also, **NO SCORES ARE RECORDED**, therefore, no one should be taking the game so seriously as to cause injury or take the "fun" out of the game! The League encourages all athletic, skilled and younger players allow less athletic and skilled Makule and novice players, opportunities to make plays during the game. The following actions are considered not appropriate for this league and should be avoided:

- Shoulder charging or using one's body to push another player off or away from the ball;
- Any use of the hands or arms to gain positional advantage over another player;
- Aggressively running into the path of another player;
- Excessively hard kicking force when other players are potentially in the path of the kicked ball.

Rules: The rules of Play shall be the "Laws of the Game": as published by the F.I.F.A with those modifications stated below:

1. All players must be registered and must have a player card to be presented to the referee before the game. Referees are directed to check player passes at the beginning of the registration year, but they may (at their discretion) stop checking passes for players they recognize as being registered for that year. Each team must have a minimum nine (9) registered as their "primary" team members. However teams may call any registered 7-aside player to play as a guest player.
2. Men: Novice - 45 years and over; Experienced - 50 and over.
3. Women: Novice - 30 years and over; Experienced - 43 and over.
4. These age limits do not apply to players who were eligible according to the rules in effect when they joined the league. "Novice" shall be defined as a person who has never played soccer before. Should a "novice" exhibit a level of skill that demonstrates previous playing experience, the league representatives have the right to meet and take a vote on the expulsion of such player and if determined not to be a novice the penalty will be as follows:
 - a. The ineligible player will be suspended from playing immediately.
 - b. For each season (or part thereof) the ineligible player has played, he/she will sit out that many seasons **AFTER** he/she does become eligible. For partial seasons played, he/she will sit out a whole season.
 - c. The team who initially registered the ineligible player will be fined \$25.00.
5. The game shall be composed of two (2) thirty (30) minute halves.

Rules (continued):

6. A minimum 5 players (primary or guest) are required on each team to start the game. Any team failing to have 5 players at the scheduled start shall be fined \$30; the referee or opposing team representative shall notify the president of such violation of rules by email.
7. There shall be no more than 4 men on the field at a time.
 - a. Exception: If a team is short of women and the opposing team agrees.
8. The field and goals shall be of a reduced size. A "poison" arc shall be delineated in front of each goal with a radius no larger than 15 feet.
9. Poison Arc:
 - a. No one may stand in the "poison" arc. The foul shall be deemed an indirect free kick, per Diagram.
 - b. Running across the "poison" arc to play the ball is a foul resulting in an indirect free kick, per Diagram, and the player receiving an automatic yellow card.
 - c. Touching the ball in the "poison" arc shall result in the following:
 - i. Defender to stop a goal: Indirect free kick, per Diagram, and the player receiving an automatic yellow card.
 - ii. Offender in attempt to score: Restart from goal kick.
 - iii. Referee shall use discretion and first issue a warning on poison arc infringements in corner kick situations.
 - d. Any ball kicked and left dead in the arc will restart with a goal kick if last touched by an offensive player; or a corner kick if last touched by a defensive player.
 - e. **THE ENTIRE BALL MUST CROSS (OUT OF) THE "POISON" ARC LINE IN ORDER TO BE PLAYED!**
10. Four (4) feet clearance will be automatically given upon any free kick (see attached diagram).
11. Two players must touch the ball before a goal can be scored from the kick off.
12. A point cannot be scored from the defensive half of the field. All shots must be taken from the attacking (offensive) half of the field.
13. A goal kick can be taken from anywhere on the end line outside the intersection of the arc. The ball must be played by at least two (2) players prior to crossing the midfield.
14. Charging or aggressive play, **whether intentional or not**, shall be recognized as a "dangerous play", resulting in an indirect free kick, taken at that spot.
15. No slide tackling will be allowed.
16. After a ball is controlled, the player has only four more touches with which to pass the ball. In other words, a player has no more than 4 touches (after control) to make a play.
17. A player receiving a yellow card must sit out of the game for 10 minutes. A player receiving a second yellow card in the same game will be given a red card. A player receiving a red card (either directly or because of two yellow cards) will be out for the rest of that game, and will be suspended for the following four games of that player's team. Teams may substitute for players leaving a game due to yellow or red cards. The league commissioner will decide on the penalty for a player receiving multiple cards in a season.
18. All players, including guest players, on a team must wear the same color shirt. Players not wearing the same color as their team shall not play (except on Halloween). The home team shall wear white; the visiting team shall wear black or navy blue.

CSAH 7-ASIDE INDIRECT KICK DIAGRAM

RULE 8

FOR ANY POISON ARC INFRINGEMENT OR ANY FOUL COMMITTED WITHIN A 4 FOOT RADIUS AROUND THE POISON ARC, THE CENTER OF THE BALL IS TO BE PLACED NEAREST THE POINT OF FOUL, 4 FEET AWAY FROM THE POISON ARC. DEFENDERS MUST STAND 4 FEET APART, CREATING A DIRECT, FOUR FEET WIDE PATH TO THE GOAL. DEFENDERS MAY MOVE AND DEFEND A SHOT, ONLY AFTER THE FIRST TOUCH BY THE OPPOSING TEAM IS MADE.

RULE 9

FOR ANY FOUL COMMITTED FURTHER THAN FOUR FEET FROM THE POISON ARC, DEFENDERS MUST STAND 4 FEET AWAY FROM THE BALL.

