

## TRI SPORTS 7v7 Soccer Rules

**1. Equipment/Field Set-Up:** Field dimensions are approximately 38 yards wide and 75 yards long; goals are reduced size (21' x 7').

**2. Game Time/Default:** Games start on time. Please arrive 15 minutes early to ensure games start on time. Games are comprised of two (2) 25-minute halves with a 2-minute halftime. Teams are comprised of six (6) players (including goalkeeper) with a minimum of two (2) women (coed only). A forfeit will occur if any team cannot field a squad by 15 minutes after start time. A team can play with a minimum of six (6) people, as long as one (1) of the players is female. Women may play any position on the field. There are no timeouts.

**3. General Rules:** In general, USSF rules apply to all TRI SPORTS games, except for the following bolded rules.

**i.** Each half starts with one team initiating play by making a pass from the center of the field. The ball does not have to travel forward.

**ii.** If a ball is kicked out of bounds along the sidelines, a **throw-in** is awarded to the opposite team.

**iii.** If a ball is kicked out of bounds along the goal line last touched by the offense, a **goal kick** is awarded to the defending team.

**iv.** If a ball is kicked out of bounds along the goal line last touched by the defense, a **corner kick** is awarded to the attacking team.

**v. Substitutions may occur on the fly, but the substitute cannot enter the field until the player has left the field and both players enter and exit at midfield.**

**vi. Free kicks may be direct or indirect.** On direct kicks, the ball is placed at the point of infraction, and put in play by any member of the affected team. No opposing player is allowed within 10 yards of the ball prior to the kick. Goals may be scored on direct kicks.

Direct free kick fouls occurring inside the penalty area by the defense will result in a penalty kick.

Indirect free kicks must first be touched by another player (offense or defense) prior to entering the goal for the goal to be counted.

Any member of the offended team may take a penalty kick. The goalkeeper in goal at the time of the foul must face the penalty kick (no subbing goalies).

**viii.** Goal kicks are taken from within the goal box and must leave the penalty area before being touched by another player. The opposing players do not have to give any room off the ball as long as they are outside the penalty area.

**ix.** Goalkeepers may not directly catch a throw-in from their own team.

**x.** Metal cleats are not allowed.

**xi.** Shin Guards ARE required

**xii.** NO JEWELRY (Including watches and ear studs!)

**4. Offside: Offside will NOT be enforced, except in “cherry picking” situations. Attacking players are not allowed to stay near the opposing goalie to gain an advantage.**

**5. Slide Tackling: Even if contact is made with the ball first, slide tackling is NOT ALLOWED under any circumstances and will result in an indirect free kick and a yellow card for misconduct.**

**6. Referees** enforce the rules and maintain safety. They will have the last word along with the league coordinator. Excessive arguing will result in a yellow card being issued. Cursing at or disparaging an official can result in a red card.

**7. Yellow/red cards. Yellow cards will be issued as a warning and “cooling off” for players who are either fouling recklessly or dissenting. If a yellow card is issued, a player (even the keeper) is sent off and cannot return for 2 minutes. The affected team plays a man down even if a goal is scored during the 2-minute period.** If the referee deems a player’s repeated misconduct warrants a red card, it will be issued.

If a red card is issued, the affected team must play a man down the remainder of the game (in coed, the player must play down a player of the same gender as that issued the card) and the player may have to sit one additional game pending review by the league coordinator. A red-carded player will automatically miss a second game of any doubleheaders played in a given day/night. Excessive red cards may result in expulsion from the league.

Any player or fan is encouraged to root for their own team, but rooting against teams or using disparaging language is discouraged and can result in penalties of players or dismissals of fans. Any fans of teams may be asked to leave by the referees or TRISPORTS staff. Refusal to leave will result in forfeiture of the game.

8. **Time:** A running clock will be maintained by the referee. The clock will stop only for prolonged injury timeouts. Any delay tactics (such as deliberately kicking the ball out of bounds) will allow the referee (at his/her discretion) to stop the clock. If for any reason the game should be cancelled with more than half played (if the second half has started), the game and score at that point is considered final. If half or less of the game is played, the entire game will be replayed from the beginning. Referees have the discretion of shortening game times if games are running behind schedule.

9. **Rough Play:** ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM FURTHER LEAGUE PLAY AND MAY RESULT IN LIFETIME LEAGUE EXPULSION.

10. **Playoffs:** Games tied in regulation will go into overtime, consisting of up to two 5-minute sudden death periods (first team to score wins – if team scores in first OT period, second period is not played). If neither team scores in the overtime periods, teams will go into a shootout. Each team selects five players (coed: 3 males, 2 females). Only Players on the field at game conclusion can participate in “kicks from the mark” Coin toss will decide which team shoots first. Referee will decide which goal to shoot at. Shots will be placed and not dribbled. Teams will alternate taking shots from the penalty kick spot. Order of shooters is up to each team (coed does not have to alternate male/female). If game is still tied after each team’s five shots, kicks from the mark will continue until a winner.