

7v7 Rules

Revised September 2008

Rosters	<ol style="list-style-type: none">1. Teams may add players to their roster during the first 4 weeks off a session.2. New players may NOT be added to a roster or play for a team during the last two regular games of a session or the playoffs.3. All participants will follow the appropriate age guidelines for their group.<ul style="list-style-type: none">• U10 – born after 8/1/98• U12 – born after 8/1/96• U14 – born after 8/1/944. Teams found in violation of these rules may forfeit all games played.
Number of Players	<ol style="list-style-type: none">1. All teams will play with seven players, one of whom shall be a goalkeeper.2. Minimum of four players to start and continue a game.3. Adult Coed – Minimum of two female players on the field at all times. Failure to have the required female players may result in a forfeit. If there are only 2 female players present for a game and a female player is not able to continue because of injury the game may continue and the score counted. The team must play down a player.
Player Equipment	<ol style="list-style-type: none">1. Teams will be issued match shirts upon registration. Match shirts MUST be worn for all indoor league matches. Teams will not be allowed to wear their club or other uniforms for indoor league matches.2. The goalkeeper must wear a jersey color which will distinguish him/her from the rest of the players and the referee. Pinnies are allowed and will be provided by The Nordic Indoor Soccer Center.3. In the event of a color conflict, the home team (listed first on the schedule) must wear pinnies. Pinnies will be provided by The Nordic Indoor Soccer Center.4. Shin guards are MANDATORY and must be fully covered by socks.5. NO CLEATS ALLOWED. Turf shoes and flats are allowed.
Soccer Balls	<ol style="list-style-type: none">1. Warm-up and Game balls will be provided for use within the facility.2. All balls must remain on the playing field.3. Balls may not be kicked around in the entry ways of the facility.4. #5 ball shall be used for U-14 and above teams.5. #4 ball shall be used for U-12 and below teams.
Check-In	<ol style="list-style-type: none">1. ALL players MUST sign in at the check-in table prior to EVERY game.2. Players who do not sign in will not be considered present at a game. This may affect eligibility for the playoffs.
Referees	<ol style="list-style-type: none">1. One referee shall be present during play.

	<ol style="list-style-type: none"> 2. Referee will operate scoreboard and keep record of the game. 3. Referee shall keep record of the game score and turn in game card to league staff at the end of the night. 4. Reports of ejections will be recorded on the score sheet and filed before leaving the facility. Each score sheet will list the names of players ejected the previous week. 5. Referees will check before starting the game and inform the team captains if there is an ejected player on his/her team. The game will not begin until that player has left the playing field and bench area. 6. Abuse of referees in any form, whether verbal or physical, will NOT be tolerated. Players or spectators violating this rule will be asked to leave the facility.
Start of Play	<ol style="list-style-type: none"> 1. A kick off will start the game and restart the game after a goal has been scored. 2. The ball must be played backward on the start of the game, half time, and after a goal is scored. 3. Opening kick off will be awarded to the home team. 4. Teams will NOT change direction at half-time 5. Restart from stoppage due to injury will be from the closest point to where the ball was when play was stopped.
Throw-In	All balls that go out of play to the sidelines will be thrown in (regular soccer throw-in).
Corner Kick	When the ball crosses the end line having last been played by one of the defending team, a direct kick shall be awarded to the attacking team to be taken from the corner.
Substitutions	<ol style="list-style-type: none"> 1. Unlimited substitutions shall be allowed during play. 2. Any player may substitute for the goalkeeper provided the referee is informed BEFOREHAND. No goalie changes "on the fly". 3. Substitutions may be made "on the fly" or when play has ceased. Play is ceased when: <ul style="list-style-type: none"> • a goal is scored • a penalty is awarded • an injury time-out is called 4. If a player enters the field of play and becomes "involved" in the play before the substituted player has left the field, a free kick will be awarded to the other team.
Too Many Players Violation	When substituting players enter the field they, or the player they are substituting for, may not play the ball or interfere with play until the current player is off the field. Penalized by a direct kick.
Restarts	<p>The following apply to all restarts.</p> <ol style="list-style-type: none"> 1. Ball is in play when it is touched. 2. Opposing players shall be at least five yards from the ball. 3. Players taking a kick cannot play it again until someone else touches it. 4. If an opponent refuses to move back five yards on the referee's request, he/she may be given a time penalty for unsportsmanlike conduct. 5. Player taking the kick must do so within 5 seconds or risk losing possession of the ball. If a player consistently takes longer than 5 seconds after having been signaled by the referee, he/she may be awarded a time penalty for unsportsmanlike conduct.

Goal Kicks	When the ball crosses the end line having last been played by a player of the attacking team. A member of the defending team shall kick it into play from within the goal area.
Penalty Kicks	<ol style="list-style-type: none"> 1. Players from either team shall not be permitted to stand in the goal box and shall not interfere with the player taking a penalty kick, including the players approach to the ball from outside the goal box. 2. Goalie must stand with heels on goal line until the ball is struck.
Scoring	A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried, or intentionally propelled by hand or arm by a player of the attacking side, except in the case of the goalkeeper who is in his own penalty area. When time has expired a goal will not be given if the entire ball has not crossed the goal line.
Ceiling	If the ball contacts the ceiling or roof netting, a direct free kick is awarded to the opposing team from one of the 3 spots nearest to where the player was standing when the ball was played.
Offsides	There will be NO offside penalty.
Handling of Ball by GK	<ol style="list-style-type: none"> 1. The GK will be assessed a handball violation if he /she handles the ball when the ball is, in its entirety, outside the penalty box. Remember, it is where the ball is, not the GK. 2. All balls kicked from a goal kick, punt or thrown in from the goalkeeper or field player must hit the ground or a player before going over midfield. If the ball does not hit the ground or a player, a direct kick is awarded to the opposing team at the center dot at midfield. <p>A goalkeeper <u>MAY</u> kick the ball over the half way line from a back pass or by dropping the ball to his feet, with-out being penalized.</p>
Fouls & Misconduct	<ol style="list-style-type: none"> 1. Slide tackling – there will be NO slide tackling of any kind 2. The following 11 major offenses will result in a direct free kick for the opposing team, taken from the point of the infraction. <ol style="list-style-type: none"> a. Kicking or attempting to kick an opponent. b. Tripping or attempting to throw an opponent. c. Jumping at an opponent. d. Charging an opponent in a dangerous or violent manner. e. Charging an opponent from behind. f. Charging an opponent when the ball is not in playing distance. g. Striking or attempting to strike or spitting at or on an opponent. h. Holding an opponent i. Pushing an opponent j. Intentionally handling the ball (except for the goalkeepers in their own penalty box). 3. The following 7 minor offenses will result in a direct kick for the opposing team, taken from the point of the infraction. <ol style="list-style-type: none"> a. Playing in a dangerous manner. b. Obstructing an opponent.

- c. Charging the goalkeeper.
 - d. Slide tackling.
 - e. Illegal substitution.
 - f. Delay of game; when playing as a goalkeeper, indulging in tactics such as failing to play the ball outside the penalty area within five seconds.
 - g. If a player intentionally delays the game, the referee may award a time penalty for delay of game.
 - 4. Any of the above fouls may draw a caution (yellow card / 2 minute penalty) at the discretion of the referee.
 - 5. The following misconduct will result in a player caution (yellow card / 2 minute penalty);
 - a. Persistently infringing the laws.
 - b. Shows by a word or action dissent at any referee decision.
 - c. Is guilty of unsportsmanlike conduct.
 - 6. The following circumstances will result in a player ejection (red card);
 - a. Is guilty of violent conduct, or serious foul play.
 - b. Uses foul or abusive language or gestures.
 - c. Persists in misconduct after being cautioned.
 - d. Receives a second 2-minute time penalty for a major or minor offense.
 - 7. Any player who is ejected from a game will leave the premises immediately and will be suspended from all games at The Nordic Soccer Center for a period of one week from the date of the ejection.
 - 8. Any player or coach who is ejected for assaulting an official will automatically be suspended from all further activities at The Nordic Soccer Center. (*Grievance Policy below*)
 - 9. Goalkeeper restrictions apply once a goalkeeper has gained control of the ball with his/her hands he/she;
 - a. Must release the ball into play within five seconds.
 - b. After releasing the ball, cannot play the ball again with his hands until it has been touched by an opponent, or goes out of play.
 - c. May not handle a ball after a goal kick has been taken until it has been touched by an opponent or goes out of play.
 - d. At no time may a goalkeeper handle a ball that is intentionally played to him/her by the foot of a teammate.
 - e. A goalkeeper is not permitted to slide outside of the penalty area.
 - f. Penalty for any of the above will be the awarding of a direct kick from the place where the infraction occurred.
 - g. A time penalty assessed against a goalkeeper may be served by another member of his/her team that is already on the field (in case of ejection – goalkeeper leaves the premises).
 - h. Goalkeepers may only handle the ball in their own penalty area.
10. Players will be released from the 2-minute penalty:
 - a. At the expiration of their full time penalty – penalty time will carry over to the next time period of play

	<p>b. After a goal is scored against their team, and they are short handed.</p> <p>11. Bench Penalty – Unsportsmanlike conduct from a team box will result in a verbal warning against the team. Should the conduct persist, a bench penalty will be issued against the offending team. The team manger/coach must remove one of the field players to serve a time penalty.</p> <p>SERIOUS MISCONDUCT</p> <p>If a referee feels that serious misconduct has taken place, during a game, the player or coach will be issued a Red card and a report will be filed with the indoor center. An advisory committee will meet to review the circumstances of the incident and may administer additional sanctions to the player or coach. If serious misconduct occurs outside of the playing of a game the advisory committee will also meet to review the facts and may issue sanctions, as deemed necessary. (<i>Grievance Policy below</i>).</p>
Standings	<ol style="list-style-type: none"> 1. Scoring: <ul style="list-style-type: none"> • Win (3 points) • Loss (0 points) • Tie (1 point) 2. Forfeit counts as a 3-0 result. 3. For purposes of standings, scoring will only be counted up to a maximum 10 goal differential 4. To establish placement in the playoffs the following criteria will be used; <ol style="list-style-type: none"> a. Goal differential b. Goals scored c. Goals against d. Head to Heade. Coin toss
Playoff Rules	<ol style="list-style-type: none"> 1. Players must have played at least two games and be on the roster during the CURRENT session to be eligible for the playoffs. 2. Players who were ejected from a game the previous week are NOT eligible for ANY playoff games the following week.
Arm Casts	<ol style="list-style-type: none"> 1. Arm casts will be allowed at the discretion of the referee. 2. Players may ONLY be allowed to play if the cast is covered with a <u>MINIMUM</u> of 1” thick bubble wrap or equivalent cushioning material.
Facility Rules	<ol style="list-style-type: none"> 1. Individuals using this facility do so at their own risk. The property owners, league operators, and staff of The Nordic Soccer Center and Nordic Soccer Club assume no liability for injuries or accidents that may occur. Please refer to Waiver Form. 2. Conduct within the facility should be in the spirit of good sportsmanship as is on the field. All play must be conducted as set forth in the “Rules” as outlined in this document. The Nordic Soccer Center reserves the right to refuse play and service to anyone. 3. Please respect the property that you are visiting and adhere to all posted signs in the facility pertaining to kicking balls in entryways and areas for spectators. 4. Please take care of your own belongings. It is not the responsibility of The Nordic Soccer Center to take care of belongings left behind after indoor matches. A Lost and Found box will be maintained at the league office but will be donated to local charities if no one claims these items after two weeks. 5. Please pick up any and all trash left behind in the facility.

Grievance Policy

In the event any player, coach, referee, or administrator wishes to register a formal complaint regarding the actions of another during the course of sanctioned Soccer Center events, the following steps are to be taken.

1. **Formal written complaint.** Complaints by coaches, referees, players, or administrators should be submitted, in writing, to The Nordic Soccer Center management within 30 days of the alleged infraction. Complaint should include the date and time of the incident, a detailed description of the infraction, and contact information for the filing party/parties.
2. **Hearings.** Every case shall be heard by the Conduct Committee in the presence of all parties involved, provided they appear. The Committee will review each case and implement disciplinary action when it deems it appropriate. Involved parties will be notified by The Nordic Soccer Center management prior to the hearing.
 - a. The Nordic Soccer Center Conduct Committee shall be comprised of all Nordic Soccer Center senior-level managers, as well as one member of the Nordic Soccer Board of Directors.
 - b. Matters that fall under the jurisdiction of the Vermont State Soccer Association or State Amateur Soccer Association may be referred to the Vermont Soccer Association or the Vermont State Soccer Association for further action.
3. **Appeals.** Parties may appeal a decision rendered by the Conduct Committee by submitting a written request for appeal to The Nordic Soccer Center Advisory Committee. The Advisory Committee will review each issue on a case-by-case basis. All Advisory Committee decisions are final.