

## **Grand Strand Soccer 7v7 League Rules**

**Players:** There are a maximum of 12 players on a team. Only 7 players (including the goalie) can be on the pitch at any given time and unless a team can field at least 5 players that team will have to forfeit.

**Time:** Games have two halves of 25 minutes each with 5 minutes break in between. Stoppage time can be applied at the referee's discretion. If a team does not have at least 5 players to the field by game time, they may be forfeit.

**The Field:** We play on a scaled version of a full size field. With appropriately sized goals.

**Balls:** Each team is responsible for bringing one size 5 match-ready game ball to each match, properly inflated and in good condition.

**Substitutions:** Substitutions are only available during stopped balls and must be approved by the referee. The incoming player must come in from half field, but the outbound player can go off at any other point with the Referee's permission.

**Sliding:** Sliding tackling is permitted.

**Equipment:** Shin pads are mandatory. You will not be allowed to play without them.

**No Jewelry:** Ear rings, watches, necklaces or items deemed dangerous to the player or another player must be removed before each match.

### **No Off-Sides**

**Kick-Off:** The kick-off is indirect and the defending team must give 5 yards. The ball need not go forward.

### **Overtime:**

*Regular season* - no overtime.

*Playoffs* - In the event of a tie there will be a 5 minute overtime period. If the score is still level, then there will be a shoot out. The shoot out is in groups of five and the players shoot the ball from the penalty spot.

**Yellow Cards:** Two Yellow cards in a game will result in a Red Card. Three Yellow Cards over the course of the league will result in a one game suspension. Yellow Card count restarts for playoffs.

**Red Cards:** When a player receives a Red Card they must leave the field of play as well as the spectator area. If they do not do this in a timely fashion his/her team will have to forfeit the match. If the player is on the field at the time of the card's issuance that players team will play a man down for the remainder of the match. That player will also serve a one game suspension.

**Multiple Red Cards:** A player will serve a suspension for the same number of games as red cards they have received over the course of the season, i.e. a second red will result in a two game suspension and a third, a three game suspension.