

Outdoor 7v7 Adult Soccer Rules and Regulations

Frederick County Parks & Recreation

FCPR ADULT LEAGUES

- All players must sign the FCP&R Adult Leagues Code of Conduct/Waiver form before playing in any game.
- Any refunds for the adult leagues must be made prior to the listed league registration deadline.
- Players may not be added to the rosters after the third game has been played.
- Any players registering after the deadline must pay a \$20 late fee.
- In the case of an injured player, one new player may be added with the approval of the League Director to replace that injured player, who will then no longer be able to participate in the league. Any injury replacements must occur prior to the last game of the regular season.
- If a team does not have enough players (at least two women for Coed) at the start of the game, they can ask others in the same league and division to play in the game until enough players arrive or they have the option to play a person down.
- All players must present a valid photo ID at check-in to be eligible to play.
- Refrain from the use of profanity or obscene gestures.
- Any verbal abuse directed at officials or staff will result in an automatic suspension and potential expulsion from the league.
- Any team that forfeits two games will be dropped from the league.

The Frederick County Parks & Recreation Rules for Outdoor 7 v 7 Adult Soccer Leagues are based on FIFA Laws modified for outdoor play. Below are the major differences.

All Leagues: 6 field players + goalkeeper.

Coed teams must have a minimum of two females, on the field at all times.

Teams must have a minimum of five rostered players (including at least one woman for coed) to begin, continue, and conclude a match. The official will allow a five-minute grace period before starting the game clock to provide teams with fewer than five players to produce the minimum required five players before a forfeit is awarded to the opposing team. The resulting score will be registered as a 3-0 result in the case of a forfeit. The grace period does not count towards the 25-minute half.

Guest Player Policy

If a team does not have enough players (at least two women for Coed) at the start of the game, they can ask others in the same league and division to play in the game until enough players arrive or they have the option to play a person down. A team may only use guest players up to 8 players. Once a rostered 8th player arrives, regardless of position, that guest player must leave the game. Both captains must be made aware, and this is only for regular season games. Not abiding by our guest policy can result in a forfeit and potential suspension from the league. **3 guest players maxed.** *Teams must have OVER 50% of rostered players to avoid forfeit. (4 rostered / 4 guests is a forfeit)*

- Substitutions: Unlimited substitutions on the fly. - Players must exit and enter the bench area near midfield. A player cannot enter until the player they are subbing for has stepped off the field.
- Rosters: Maximum of 16 players for adult leagues.
- A maximum of one (1) additional adult personnel, coach or otherwise, are allowed on the player's bench. No coaching is allowed from the opposite touchline.
- Players may be rostered on only one team in each league.

Equipment:

- Molded cleats, turf shoes and flats (including black-soled) are acceptable footwear. Metal stud cleats are prohibited.
- All players **must** wear shin guards to participate.
- Ball: Home team (1st on schedule) must provide a size 5 soccer ball.
- Teams are encouraged to have a permanent numbered jersey. In case of similar colored jerseys, the home team (1st on the schedule) will wear an alternate-colored shirt.
- No Jewelry will be permitted. (Wedding rings and any medical devices are allowed).

Duration of Play:

<u>Type of Play</u>	<u>Half</u>	<u>Halftime</u>
Adult League	2x25	2 minutes

Kickoff: On the whistle, ball may be played in any direction on the first touch.

Offside: There will be no offside position in 7 v 7 play.

Five Second Restart Rule:

- A restart must occur within 5 seconds of placing the ball for a free kick, corner kick or goal kick.
- Goalkeepers must also release within 5 seconds after gaining possession and returning to their feet.
- Goalkeepers may use unlimited steps to bring the ball to the boundary of the penalty area.

Ball out of Play: If the ball has crossed the goal line or touch line whether on the ground or in the air, the restart is a corner kick, goal kick, or throw-in.

Slide Tackling: Slide tackling for the ball by field players is not permitted. Any slide tackle will result in a yellow card. If it happens again in the same match, then a red card will be given to that player. This is a recreational league and there is no reason to risk injury to you or yourself by performing a slide tackle. Exception: Keeper may slide inside the box in the action of making a play on the ball.

Injuries: Any player who is bleeding must leave the field. Time will not be stopped for injuries.

Goalkeeper Release:

- Punts and drop kicks are not permitted. The ball must be distributed by a throw, normal place kick or kick from a dribble. If penalized, an indirect free kick will be awarded to the opposing team outside the penalty area.

Goalkeeper:

- The goalkeeper may NOT handle the ball if intentionally passed to them from the feet of their own teammate.
- The goalkeeper is not limited in steps in his penalty area.
- Goalkeepers must also release within 5 seconds after gaining possession and returning to their feet.
- Redistribution: Punts and drop kicks are not permitted. The ball must be distributed by a throw, normal place kick, or kick from a dribble. If penalized, an indirect free kick will be awarded to the opposing team outside the penalty area.

Direct and Indirect Free Kicks:

- Opposing players must give TEN FEET on all kicks and corner kicks or may be cautioned (Re-kick).
- Kickers may not play these kicks a second time until the ball is touched by another player.

16. Misconduct Rules:

- **YELLOW:** A warning caution, 2-minute penalty for this offense. The cautioned player must exit the field of play for the duration of the 2-minute penalty, and the team must play a man down. If the opposing team scores, the team may add a different player back onto the field of play prior to the end of the 2-minute penalty. The cautioned player may not return for the full two minutes.
- **RED:** Ejection without replacement for the duration of match. The offender must leave the premise immediately and may not remain within the complex nor within site of the field. They will also sit out the team's next match. If a player receives a 2nd red card during the season, they will be suspended for the remainder of the season.
- Captains must report the name of any player receiving a red card to league staff within 24hrs.
- Coaches can be issued cards and their team will play short one player for the required time.
- Goalkeepers must serve their own penalties.
- There is a "Zero Tolerance Policy" towards fighting. Any player engaged in fighting will be suspended for the remainder of the season without a refund.

Frederick County Division of Parks and Recreation, through the Recreation Specialist, reserves the right to amend the rules and schedules as conditions may warrant.

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