

Men's 7v7 Soccer Rules

All games will be played in accordance with FIFA Laws of the Game, with the following modifications for 7v7 play:

General Format

- No offsides in seven-a-side soccer.
 - Each team fields seven players, including a goalkeeper.
 - A minimum of **five players** is required to start and continue a game. If a team falls below five players, the game may proceed **only at the referee's discretion** and if the match remains competitive.
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Jerseys & Player Identification

1. Numbered Jerseys

- All players must wear **permanently numbered jerseys** of the same color by the **first game**.
- Numbers must be visible on either the front or back.
- Players without regulation jerseys will not be allowed to play.
- Teams unable to field **five properly uniformed players plus a goalie** will forfeit the game.

2. Picture ID Requirement

- All rostered players must present **valid photo ID** to the referee before every game.
 - Acceptable ID includes: driver's license, state-issued ID, school ID, passport, etc.
 - ➡ **NO ID – NO PLAY – NO EXCEPTIONS!**
 - Late-arriving players must check in with ID before entering the game.
 - Team managers are responsible for ensuring all players have checked in with the referee.
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Jewelry and Safety

3. Jewelry Prohibited

- Jewelry of any kind is not allowed, including rings, posts, bracelets, earrings, and necklaces.
- Emergency medical ID bracelets or necklaces may be worn but must be taped securely to the body.
- Players wearing jewelry will be shown a **yellow card**, asked to leave the field to remove the item, and may not return until the next dead ball.

4. Piercing Plugs

- **Pliable rubber or silicone plugs** worn for safety are allowed and not considered jewelry.
 - However, referees may deem any item unsafe and require its removal.
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Gameplay & Field Regulations

5. Game Duration

- Games consist of **two 25-minute halves** with a **5-minute halftime**.

6. Slide Tackling

- **No sliding or slide tackling** is permitted by field players.
- Goalkeepers may slide **only within the penalty box** to retrieve the ball, but **not feet-first** into an opponent in possession of the ball.
- Violations result in an **indirect free kick** for the opposing team.
- Referees may issue **yellow or red cards** for sliding fouls that are careless, reckless, or violent.

7. Substitutions

- Substitutes may enter without referee permission **unless they have not yet checked in** with the referee.
- Substitutes must wait until the player being replaced has exited the field.

8. Field Dimensions

- Games are played on **natural grass fields**, approximately **45 yards wide by 75 yards long**.
 - Goals are **18 feet wide by 6 feet tall**.
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Scheduling & Roster Rules

9. Game Time = Forfeit Time

- Games will **not be rescheduled** under any circumstances.
- If a team cannot field the minimum number of players at the scheduled start time, a forfeit will be declared.
- Teams will then have **15 minutes** to get at least **six players per team** ready to play; during that time, teams may **borrow players** from each other to meet the minimum requirement.

10. Rosters

- All players must appear on the **official roster** of one of the participating teams.
- If a team falls below five eligible players at any point, **referees will not officiate the game**.