

Outdoor 7v7 Adult Soccer Rules and Regulations

OBU Intramurals 2018

OBU Intramurals Rules for Outdoor 7 v 7

1. **Number of Players:** 6 field players (3M,3F) and one goalkeeper as set forth below.
 - a. 6 + goalkeeper(either gender)
 - b. Teams must have a minimum of two (2) females, excluding the goalkeeper, on the field at all times. You can never have more than 3 men on the field with exception of Goalie.
 - Teams must have a minimum of five (5) players to begin, continue and conclude a match. The official will start the game clock as scheduled.
 - c. Female goals are worth 2 points
2. **Ball:** Size 5
3. **Substitutions** Any ball stoppage allows a team to make subs.
4. **Equipment:**
 - a. Molded cleats, turf shoes and flats (including black-soled) are acceptable footwear. *Metal studs cleats are prohibited.*
 - b. All players are encouraged to wear shin guards. (Not mandatory)
- 5.. **Duration of Play:**

Type of Play	Half	Halftime
Adult League	2x20	4-5 minutes
6. **Kickoff:** On the whistle, ball may be played in any direction on the first touch.
7. **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.
8. **Ball Out of Play:** If the ball has wholly crossed the goal line or touch line whether on the ground or in the air, the restart is a corner kick or throw-in

9. Slide Tackling: Slide tackling the ball by field players is not permitted. If penalized, a direct free kick will be awarded to the opposing team. (All kicking penalties will be direct kicks) **This needs to be enforced for safety...Especially since we don't require everyone to wear shinguards.**
10. Injuries: Any player who is bleeding must leave the field. Time will not be stopped for injuries.
11. 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 their penalty area.
12. Direct Free Kicks: Opposing players must give **5 yards for our size field** on all kicks and corner kicks or may be cautioned (Rekick). Kickers may not play these kicks a second time until the ball is touched by another player.
13. Misconduct Rules: If ejected from a game the IM office will determine severity on a case by case format. Suspensions may occur.
14. Tie Breakers: A 5 minute OT golden goal will decide outcome in league play. If a playoff game a shootout will take place after the OT. League standing ties will be decided by
- Head to Head (or record among tied teams where applicable)
 - Least goals against
 - Most goals scored
 - Goal differential
 - Number of forfeits
15. Mercy Rule- 15 at half or anytime after, 10 with 2 minutes remaining in the game
16. Point System: Win=3 Tie=1 Loss=0
17. FIFA PK's: The kicker is not limited to a one step approach. The ball will be spotted 12 yards from the goal line.