



## Official Game On Rules: 7 vs 7 Co-Ed Soccer

### THE BRIEF OVERVIEW

Soccer is a team sport played by two teams of seven players using a spherical ball. In typical game play, players attempt to create goal scoring opportunities through individual control of the ball, such as dribbling, passing the ball to a team-mate, and taking shots on the goal, which is guarded by the opposing goalkeeper. Opposing players may try to regain control of the ball by intercepting a pass; however, physical contact between opponents is restricted.

### PLAYER RESPONSIBILITIES

Each player must sign a waiver before the first game. If you add a player to your team throughout the year the player must sign a waiver before they play, even if it is only for one game.

Please supply your score to the league convener or game official at the end of your game. In order to maintain proper statistics, we ask that each player who scores a goal or an assist record the information accordingly.

### THE TEAM

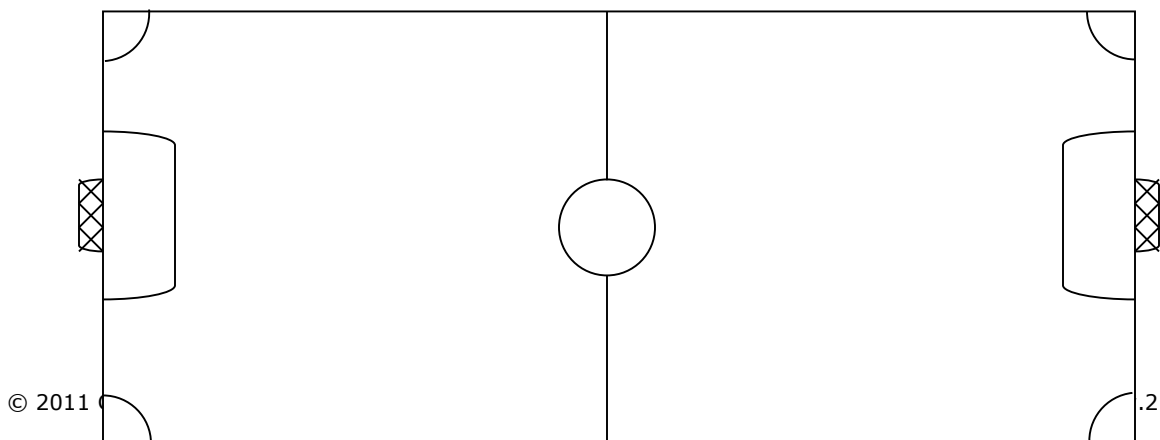
Teams are comprised of 6 players and a goalie, with a minimum of two (2) females and two (2) males on the field at all times. The goalkeeper is excluded from the above player requirements and may be of either gender.

A team can play with a minimum of 6 people, as long as two (2) of the players are female and two (2) of the players are male. There may be times, due to work schedule conflict, holiday conflict, etc when a team will only have 1 male or 1 female player in attendance. Under these circumstances we do make an exception to the rule where a team may play with either 1 male, or 1 female, on the field at all times but the team must play a player down the whole game. Again, the goalkeeper is excluded from the above player requirements and may be of either gender.

**Default:** If a team is unable to field the minimum requirements within 10 minutes of the start time, then that team is deemed to have forfeited their game. The opponents will win by a 1-0 score, with the goal credited to the captain with no assist points granted.

### THE FIELD

The game is played on a rectangular field with a goal in the centre of each of the short ends. A centre line divides the field into halves. Sizes of the field vary by location.



## **THE EQUIPMENT**

The only equipment required is a spherical, air-filled ball measuring a circumference of approximately 68-70cm. The standard adult ball is a Size 5 and most modern soccer balls contain 32 stitched panels made of leather, plastic or some other material that is suitable for soccer play. The ball(s) supplied by Game On will be the only one(s) used.

While not required, it is highly recommended that all players wear shin-guards, protective cups and soccer cleats for safety reasons. Cleats with metal spikes (baseball cleats) are not allowed.

Players requiring use of medical protective devices, such as knee braces, are allowed to do so provided that those braces made of plastic, or those that include metal parts (hinges, etc), be completely covered by a protective sleeve. Players are also permitted to wear soft, pliable pads or braces on the leg, knee, ankle, and/or elbow. Under no circumstance will a player wearing a cast or splint be permitted to play.

Players may wear a knit or stocking cap (no caps with bills) during play. Bandanas, which are tied with a knot, are not permitted.

Home teams are to wear white-coloured shirts while away teams are to wear black-coloured shirts. Please ensure that you bring one shirt of each colour to the game as you may be a home team and an away team in the same night. Each team is permitted to wear their own coloured team shirts or team jerseys.

Please remove all jewelry (watches, earrings, necklaces, etc.) and sunglasses. If earrings are not easily removed, please put tape covering the earring(s) to avoid any unnecessary injuries. If wearing glasses for vision, please ensure that they are unbreakable. All ball caps must also be removed.

A water bottle is also highly recommended.

## **THE GAME**

### **Objective:**

The object of the game is to drive the ball into the opponent's goal and to win by outscoring your opponent.

### **Duration of match:**

Please arrive 10 minutes early to warm up and start your games on time.

Games consist of two 25-minute games, including a 2-minute half-time. Teams will alternate ends at the start of the second half. The team who did not kickoff the first half will kickoff to start the second half. Each team will play one game per night but depending on final team counts in the league, and space availability, teams may play double-headers.

### **Starting the game:**

Based on the schedule, the home team will kickoff first and the visiting team will select which goal they wish to defend that half.

In the second half, both teams will switch goals to defend. The visiting team will start the second half with a kickoff.

On a kickoff, all opposing players must stand at least 10 feet away from the kicker. Each team must also remain on their half of the field until the ball has been kicked.

The kicker places the ball at centre field. They must kick the ball in a forward motion so that the ball crosses the center line. The player who first kicked the ball may not touch the ball

again until another player on the field has touched the ball. Should the player who first kicked the ball touch the ball again, before another player has touched the ball, then an indirect kick will be awarded to the opposing team at the location of the foul.

After a goal is scored, the team scored against shall restart play by a kickoff at center field.

**Substitutions:**

Teams are allowed unlimited substitutions throughout the game. A team can make player substitutions, including their goalkeeper, on their own throw-ins, and own corner kicks.

Any team can substitute during goal kicks, goal scores, free kicks, player injuries or half-time.

A goalkeeper may switch positions with a player on the field during a stoppage, provided that the goalie jersey and player pinnie are switched.

When making a substitution, please call out "substitution" so that all players, from both teams, are aware. The player substituting in must wait until the player substituting out is within 10 feet of the out of bounds line. Should a team be caught with having too many players on the field, an indirect free kick will be awarded to the opposing team closest to the penalized team's bench area.

Remember that there must always be a minimum of two females and two males on the field at all times.

**Scoring:**

A goal is scored when the entire ball passes the goal line between the goalposts and under the cross bar, provided that the ball has not been carried, thrown, or propelled by the hand or arm. A ball that sits on the goal line is not considered to have crossed the goal line and will not count as a goal.

If a ball is stopped by the hands of a defender, other than the goalkeeper, to prevent a goal from scoring, then a goal is awarded.

A goal MAY be scored directly from a/an:

- a) Shoot out Kick (in playoffs only)
- b) Corner Kick
- c) Own goal (goal scored off of your own player into your own net)

A goal MAY NOT be scored directly from a/an:

- a) Kickoff
- b) Indirect free kick
- c) Throw-in
- d) Goal Kick

In the event that a score remains tied at the end of regulation play, the game will remain tied in regular season play. In playoffs, if a game is tied after regulation time then a shootout will occur until a winner is determined. The shootout will proceed as follows:

1. Each captain will select any five different players on the field, to take the shootout kicks.
2. The captains will engage in a game of "Rock, Paper, Scissors" with the winner having the option of kicking first or second.
3. Teams will alternate kickers. There is no follow-up on the kick (ie. A goal cannot be scored on a rebound).
4. Following five kicks for each team, the team scoring the greatest number of goals shall be declared the winner.
5. If the score remains tied after each team has had five penalty kicks, each team will select additional players to take kicks in a sudden death situation. These players can be selected from those off the field. Each team will alternate kicks until one team scores and the other team does not score, thus ending the game without more kicks being taken.

6. No player may take an additional kick until all those players who were listed on the score sheet, and present, have kicked.

Either net can be used for the shootout.

For the shootout, the goalkeeper used must be the same goalkeeper that finished the game. Prior to each shootout attempt, the goalkeeper must stand with both feet on their own goal line between the goalposts. Moving off the goal line is prohibited, with the exception of moving sideways on the goal line, until the ball has been kicked forward.

Game Win	3 points
Game Tie	1 point
Game Loss	0 points

Assist points are awarded to the offensive player who was the second last to touch the ball before it was scored. A maximum of one assist is awarded for each goal scored.

#### **Throw-ins:**

When the ball entirely leaves the playing field beyond the sidelines, either in the air or on the ground, a throw-in shall be awarded to the opposite team of the team that touched the ball last. This throw must be taken from where the ball crossed the sideline. The thrower must face the field of play, ensure both feet are kept on the ground and behind the sideline, and the thrower shall use both hands with equal force to propel the ball from behind and over the head in one continuous forward movement. On a throw-in, the ball is playable by either team once it has left the thrower's hands. The thrower must not be the first player to touch the ball once thrown; otherwise an indirect free kick will be awarded to the opposing team.

During a throw-in, a goal cannot be scored. However, a ball may be thrown back to the goalkeeper provided the goalkeeper does not pick up the ball. They must play it using only their feet.

Players are asked to be honest if a ball exited the playing field due to their actions.

#### **Goal Kicks:**

A goal kick will be awarded to the defending team when the ball crosses completely over the end line (excluding the area between the goal posts and under the crossbar) either in the air or on the ground, having last been played or touched by the attacking team. Those players opposing the kicker shall remain outside the penalty area until the ball has been kicked. The penalty area will be approximately 10 feet from the end line and the kick must be taken from the side where the ball exited the playing field. While typically taken by the goalkeeper, any player is able to take this kick. The player taking the kick may not be the first person to touch the ball once the kick has been made. Otherwise an indirect free kick will be awarded to the opposing team from the spot of the foul. The ball must be kicked from the ground and must be stationary when kicked.

#### **Corner Kicks:**

A corner kick will be awarded to the attacking team when the ball passes completely over the end line (excluding the area between the goal posts and under the crossbar) either in the air or on the ground, having last been touched or played by the defending team. The ball shall be kicked from the ground from the corner within the quarter circle, including on the lines (if visible), nearest where the ball left the playing field. Players of the defending team shall be at least 10 feet from the ball until it has been kicked. After the corner kick is made, the ball may be played by any player except the one who executed the kick, otherwise an indirect free kick will be awarded to the opposing team.

#### **Penalty Kicks:**

In 7 vs 7 soccer, there will be no penalty kicks. Should a defensive player commit a foul on an offensive player in the penalty box, then an indirect free kick will be awarded to the offensive player. Remember that goals cannot be scored directly on indirect free kicks. Should an

offensive player commit a foul on a defensive player in the penalty box area, then a goal kick will be awarded to the defensive team.

### **Indirect Free Kicks:**

All free kicks are indirect free kicks. An indirect free kick requires a minimum of two touches to be made on the ball by two different players before passing through the goal.

All indirect free kicks may be kicked in any direction from the point where the foul was committed. When an indirect free kick is being made, the opposite team's players must stay a minimum of 10 feet away from the kicker until the ball is in play. The exception is when an indirect free kick occurs close to the goal and there is less than 10 feet between the kicker and the goal. In this case, the opposing players may stand on their goal line. The ball must be stationary when kicking. Indirect free kicks will be awarded for the following fouls:

- a. Illegal Handball\*.
- b. Tripping an opponent,
- c. Pushing or holding an opponent with the hand or with any part of the arm or body.
- d. Playing dangerously (high kicks, slide tackling, attempts to kick or strike, jumps at an opponent, charges in a violent or dangerous manner).
- e. A player playing the ball a second time before it has been played by another player at the kickoff, a free kick, a corner kick, a goal kick, or following a throw-in.
- f. Improper substitution.
- g. Illegal obstruction (interfering with an opponent's movement without the ball).
- h. The goalie taking more than the allotted six seconds at any one possession.
- i. Charging the goalie or not allowing him /her to move with the ball.

\* While a handball infraction occurs when the ball hits an arm anywhere from the elbow down, not all handballs will be considered illegal. An illegal handball, which will warrant an indirect free kick to the opposing team, is when a ball hits off your hand and the ball either ends up going to you or a teammate. This should be called by you and play should stop immediately. **However, if the ball hits your arm but the ball ends up going to an opponent first, then no such infraction should be called (play the advantage and do not stop the play).** Other exceptions include the following:

1. A female player using her arms to protect the ball from hitting her chest.
2. Any player using their hands to protect the ball from hitting their groin.

### **Goalkeeper:**

1. A goalkeeper, who is in possession of the ball, must not be interfered with or impeded in any way by an opponent.
2. When a player kicks the ball to their goalkeeper, the goalkeeper is only allowed to play the ball with their feet. Use of hands is prohibited and will result in an indirect kick at the spot of the foul. Likewise, if a player throws a ball in towards the goalkeeper, the goalkeeper is only able to play the ball with their feet.
3. The goalkeeper may not touch the ball with their hands outside of the penalty box but may play it with any other part of their body. The penalty box measures out approximately 10 feet from the end lines and approximately 36 feet parallel to the goal. In many cases the fields will not be marked so please use your best judgment. Any touching of the ball with their hands outside of the penalty box will award the opponents an indirect free kick at the spot of the foul.
4. The moment the goalkeeper takes control of the ball with their hands, they have six seconds in which to release the ball into play. Control of the ball includes holding, bouncing, or throwing the ball in the air and catching it again. After the ball has been released into play, the ball must be touched by another player before the goalkeeper can touch it again with their hands. The exception is where a teammate kicks the ball back to the goalkeeper. In this instance the goalkeeper can only use their feet.
5. A goalkeeper may leave their goal area and dribble the ball past the centerline at anytime during the game. They may also return to their goal area and still play the ball with their hands, provided the ball was not returned to the goalkeeper off the foot of their teammate.

**Fouls and Misconducts:**

1. There will be **NO** off sides in 6 vs 6 soccer.
2. Sliding or slide tackling will not be tolerated in this league. This is a serious offence that could cause severe injury to another player. This league is recreational in nature and sliding or slide tackling will automatically garner an ejection for the rest of the game. On a second such offence, the player may be expelled from the league without refund. Accidental sliding, when another player is not in the vicinity, will not garner an ejection. If a player is ejected, the team may not replace them. They must play short-handed for the rest of the game.

**Stoppage of play due to injury:**

Should a player become injured during the course of the game, we ask that play stops immediately and that the injured player be evaluated. Basic first aid kits will be available at all games. A substitution may be made for an injured player. An indirect free kick will then be awarded to the team of the injured player.

**Playoffs:**

All registered participants are permitted to play in the playoffs, regardless of how many games they have played during the regular season. Any substitute players that have been brought in to fill in the space of a registered participants are only permitted to play in the playoffs if they have played at least three (3) regular season games. This is to avoid teams bringing in "ringers" for the playoffs.

**Other items:**

If a pregnant player wishes to participate as a member player, they are required to provide a doctor's note that specifically states what she can and cannot do and until what time in her pregnancy.

**Lightning Policy:**

We ask that everyone show up to the game even if you think it may rain or thunder. Weather can change in an instant. We play rain or shine so be prepared to play in some poor weather conditions at times.

If there is thunder and lightning before the game, wait it out for up to 20 minutes. If it still hasn't cleared up by then the game will be cancelled and each team will receive a point for a tie.

If you are playing and thunder and lightning occurs, stop the game and wait up to 20 minutes to see if it clears. If the storm has not passed we will cancel the game.

If you have not reached half time and the game is cancelled the score will be listed as a tie. If you have reached half time and then the game gets cancelled, whichever team is winning at that point will be the declared the winner. (However, if both team captains agree that the game should be listed as a tie if the match gets cancelled at any point during the game, that's what will be recorded)

If the field conditions are bad, it will be up to the team captains to decide whether or not they want to play. If it is agreed that the fields are in no shape to play and the game is cancelled, the score will be recorded as a tie.

**RULE ENFORCEMENT**

During league matches, rules will be enforced primarily by the "honour system". Players will be expected to rule whether or not a move was legal and it is the player's responsibility to enforce and uphold the rules of soccer when playing. All contests will be supervised by a game official. The game official's responsibility will be to rule on any situation in which teams cannot agree. THE GAME OFFICIAL'S DECISION IS FINAL – NO EXCEPTIONS. They have the right to stop a game and discuss the incident before proceeding. In respect for the spirit of the game, and for your fellow players, there is absolutely no protesting.

## CODE OF CONDUCT

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials or conveners.
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
4. Be responsible for your actions and maintain self-control.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.
6. Fighting will not be tolerated by Game On. A player, and possibly the team, will be expelled from the league, without refund, for fighting or for gestures made towards an opponent to fight. This includes verbal threats. It is a player's, and their team's, responsibility to maintain composure during the game and to ensure its safety and fun. If a player is having a concern over the play of another, please have it addressed through your captain with the convener, or game official, present. Alternatively, email us the details at [info@gameonguelph.ca](mailto:info@gameonguelph.ca) and we will investigate the situation.
7. Unsportsmanlike conduct will not be tolerated. This includes:
  - a. foul language, racial slurs and verbal abuse
  - b. unnecessary roughness, fighting and physical abuse
  - c. slamming down or kicking balls in anger
  - d. arguing with officials, staff, participants, or fans
  - e. abuse of the honour system
8. Physical, sexual or mental abuse is not acceptable. If you encounter such a situation, and would like to report it, please do so via the game official, via telephone or via e-mail. Any reports will be kept confidential. Should any of this be reported to Game On Sports & Entertainment, we will issue a verbal warning to the team. Should a second such report occur, that player and/or team will be asked to leave the league without a refund. Game On Sports & Entertainment reserves the right to involve law enforcement officials at its discretion and reserves the right to eject any player and/or team, without warning or refund, for such behaviour.
9. Alcohol and/or smoking are prohibited at any game and any such offenders will be asked to leave the league immediately, without a refund.