City of West Sacramento
7on7 Adult Soccer Rulebook
(Updated 4/8/19)

I. The Game

a. Two (2) · 25-minute running halves with a five (5) minute half time.
b. The clock starts at game time.
c. A team will forfeit the game after 10 minutes from the start of the official
clock if the minimum required players are not present and on the field of
play.
d. A team must have five (5) players plus a goalie to start the game.
   • Coed Division: and there must be at least two (2) women and two
     (2) men to start (the goalie may be of either gender) total of five (5)
     players to start the game.
e. Eleven (7) players per team max may be on the field.
   • Coed Division: A team may have no more than three (3) men or
     three (3) women on the field at any time, not including the goalie. If
     a team is short players, they must have the minimum requirement
     of two (2) men and women in order to play.
   • Coed Division: In the event a team has more men than women they
     may only play up to the maximum allowance of men.
     Example:
     - A team has 5 guys, and 2 girls. This team may only field 3 guys, 2
       girls and 1 person in the net for a total of 6 players on the field.
     - A team has 6 guys and 1 girl. This team will forfeit as the minim
       requirements are not met as stated in section 1.d.
     - A team has 6 girls and 1 guy. This team may field 5 girls, 1 guy,
       and one goalie for a total of 7 players.
f. In a regular season game, a tied game after regulation will stand as a tie.
   There will be no overtime or penalty kicks.

II. Uniforms

a. Teams must be in team colors with numbers on the back side of the
   jersey.
b. Shin guards must always be worn.
c. Hats, bandannas, sweatbands jewelry, watches are not permitted.
d. Goal Keepers are required to wear a jersey of a different color.

III. Rules

a. F.I.F.A rules will govern all play except specified within this document.
b. Players will be required to show an ID before the beginning of each game to the designated staff member on site. A player must be on the roster and show an ID to be eligible to play.
c. Only the team manager/captain is allowed to approach the officials and staff.
d. League standings will consist of a point system.
   - **Win** = 3 points
   - **Tie** = 1 point
   - **Loss** = 0 points
   - **Forfeit** = -1.5 points

e. A goalie with at least one finger on the ball cannot be charged, unless otherwise interpreted by the officials relating to the advantage of play. Any goalkeeper outside of the goal box is considered a field player.
f. Unlimited substitutions are allowed. Substitutions can be made on a throw in that is in your favor, either teams goal kick, after a goal is scored, injury (only for the injured player), or at an official’s discretion.
g. There will be offsides.
h. Slide tackles are **NOT** allowed. If a slide tackle is committed, a Yellow Card may be issued to the player and an indirect free kick will be awarded. Slide tackles are to be interpreted at the official’s discretion.
i. **Slide tackle** shall be defined as:
   A move by any player who by leaving his/her feet, slides on the ground in an attempt to alter the course of the ball, with a player(s) of either team in close proximity.
j. **Close proximity** is defined as:
   Any other player(s) near the ball that must alter direction or leap into the air to avoid contact with the player committing the slide tackle.
k. All Players must remain on their feet at all times, violation of this rule is an indirect kick for the opposing team.
l. Any **aggressive** contact with a goalie is an automatic foul and a yellow card; a direct kick will be awarded to the defending team at the spot of the foul or at the 6 yard box if foul is in the goalie area.
m. In an attempt on goal if there is contact with the goalie and the goal is scored, the goal is nullified under the previous rule.
n. In the opinion of the referee if the goalie tries to contact an attacker inside the penalty area to falsely impose a foul, a penalty kick will be awarded to the attacking team, it will be the opinion of the referee if the goalie is to receive a yellow card for unsporting behavior.
o. Any **aggressive** play inside the penalty area in the opinion of the referee is a yellow card, a direct kick will be awarded to the defending team at the spot of the foul: a penalty kick will be awarded to the attacking team.
p. Goalies may **not** punt or dropkick the ball
q. Goalies throw must **not** past half the field.

**IV. Player Fouls**
a. Any player or manager receiving a Yellow Card must sit out for five (5) minutes, **no substitute allowed.** Two (2) yellow cards within the same game will result in ejection from the game and a one (1) game suspension. Three (3) Yellow Cards by one player in a single season will result in a one game suspension. Two additional Yellow Cards will result in a two game suspension. Suspensions will carry over into future seasons.

b. A player or manager receiving one (1) Red Card will be immediately ejected from the game and will serve an additional one (1) game suspension (must sit out the next scheduled game), and be subject to penalties set forth in the “Code of Conduct.” A substitute for the ejected player **WILL NOT** be permitted. The player who receives the red card must leave the area immediately or the game will not restart. Two (2) Red Cards in one season will result in the immediate removal of that participant for the remainder of the season. Suspensions will carry over into future seasons.

c. Profanity **WILL NOT** be tolerated. The first offense after the warning will result in a Yellow Card issued to the participant.

d. Shin guards are required.

V. Playoffs

a. A team forfeiting two matches during the season **Will Not** be eligible for postseason play.

b. Playoff formats will vary based on the number of teams in the league. All players must be on the roster by week four (4) and have a picture ID present for playoff games.

c. Playoff games will not end in a tie. The referee will toss a coin, called by the home team, to decide whether their team will kick first or second. Both teams will attempt five (5) penalty kicks. The kicks are taken alternately by the teams and must be kicked by different players.

1. **Coed Division:** Both teams must have at least 2 females on the rotation for penalty kicks. The team with the most goals will win. If, after both teams have taken five (5) kicks and both have scored the same number of goals, kicks continue until one team has scored one goal more than the other team.