

VAVi SPORT & SOCIAL CLUB **OFFICIAL 7 v 7 SOCCER RULES**

VAVi Soccer follows the guidelines of [NCAA Soccer](#) with these exceptions:

SLIDE TACKLING IS NOT ALLOWED

We are trying to prevent as many injuries as possible so any type of sliding in the field of play is absolutely prohibited even if no one else is around!

Number of Players

Each team consists of 7 players, one of whom must be the goalkeeper. Free substitutions. In our Coed League, there must be a minimum of 2 girls on the field at all times. If a full team (including a min. of 2 females in the Coed League) cannot start game at game time that team will have to forfeit unless teams captains and referee agree on alternate plan. Game will be played for fun regardless of forfeit. Game time is forfeit time.

Roster

Only players on the roster may play. If you wish to add a player to the roster the team captain must call to make arrangements at least 24 hours prior to game time. No last minute additions to the roster will be allowed, but please see “ringer clause” under substitutions below in this document.

Player Equipment

The goalkeeper must wear colors which distinguish him from the other players, the referee and the referee assistants. Each player must wear their team color assigned to them. (VAVi shirts suggested). Shin guards and cleats are not required, but highly recommended.

Referees

The referee is responsible for control of the game and his/her decisions regarding facts connected with play are final.

Duration of the Game

The game shall be divided up into two equal periods of 25 minutes each. If a match is tied after 50 minutes the match is declared a tie. There will be a 2 minute half.

The Start of Play

A flip of a coin decides which team will kick off. Each team must stay in its own half of the field and the defending players must be at least 10 yards from the ball when it is kicked. After a goal, the team scored upon will kick off. After halftime, the teams change ends and the kickoff will be taken by the opposite team to that which started the game.

Tie Game

During Regular season if a game ends in a tie, a tie will be declared. See Tournament Rules for tournament tie breaker.

Method of Scoring

A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the cross bar, whether on the ground or in the air.

Goalie Boundaries

The goalie may not pick the ball up outside of the goalie box. He/she may also not throw or kick the ball past the midfield line. An indirect kick will be awarded in the case of an infraction.

Offside

A player is in an offside position if he is nearer to his opponent's goal line than both the ball and the second last opponent unless: i) he is in his own half of the field of play, or ii) he is level with the second last opponent or two last opponents.

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play:

- i) interfering with play or with an opponent, or
- ii) gaining an advantage by being in that position.

A player shall not be declared offside by the referee

- i) if he receives the ball direct from a goal-kick, a corner-kick, a throw-in, or when it has been dropped by a referee.

If a player is declared offside, the referee shall award an indirect free kick, which shall be taken by a player of the opposing team from the place where the infringement occurred, unless the offense is committed by a player in the opponent's goal area, in which case the free-kick shall be taken from any point within the goal area.

Fouls and Misconduct

A direct free kick is awarded to the opposing team if a player commits any of the following 6 offenses in a manner considered by the referee to be careless, reckless or using excessive force: (a) kicks, (b) trips, (c) jumps at, (d) charges, (e) strikes, (f) pushes. A direct free kick is also awarded to the opposing team if a player commits any of the following 4 offenses: (g) holds, (h) spits, (i) deliberately handles the ball, or (j) tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.

A penalty kick is awarded if any of the above 10 offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following offences: (a) dangerous play, (b) impedes the progress of an opponent, or (c) prevents the goalkeeper from releasing the ball from his hands.

An indirect kick will also be awarded if the goalkeeper: (a) keeps the ball in his/her hands for more than 6 seconds, (b) touches the ball again with his hands after it has been released from his possession and has not touched any player, (c) touches the ball with his hands after it has been deliberately kicked to him by a team-mate, (d) touches the ball with his hands after receiving it directly from a throw-in taken by a teammate, (e) touches

the ball with his hands outside of the goalie box, (f) kicks or throws the ball past the midfield line, or (g) wastes time.

A player is cautioned and given a yellow card if he commits any of the following offences: (a) unsporting behavior, (b) shows dissent by word or action, (c) persistently infringes the Laws of the Game, (d) delays the restart of the game, (e) fails to stand the required distance for a corner kick or a free kick,

A player is sent off and shown the red card if he commits the following offences: (a) guilty of serious foul play, (b) guilty of violent conduct, (c) spits on an opponent or any other person, (d) denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball, (e) denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick, (f) uses offensive language, or (g) receives a second caution in the same match.

Yellow – First is warning, direct kick.

2 Yellow Cards in one game results in Red Card

1 Red Card = Ejection from game. May Result in minimum of 1 additional game suspension depending on severity.

2 Red Cards in one season results in ejection from league, no refund

Fighting or responding to a fight in a violent manner will almost always result in ejection from league, no refund.

Rules are subject to review by VAVI directors.

Free Kick

Free kicks are classified into two categories: "Direct" (from which a goal can be scored directly against the offending side) and "Indirect" (from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before entering the goal).

For all free kicks the offending team must be at least 10 yards from the ball or the goal line until the ball is kicked.

Penalty Kick

A penalty kick is a direct free kick taken at the penalty mark. All players except the player taking the kick and the goalkeeper must stay outside the penalty area and be at least 10 yards from the ball (hence the arc at the edge of the penalty area).

Throw In

When the ball has wholly crossed the touchline, it is put back into play by a throw-in from the spot where it went out and by a player from the opposite team to the player who last touched it. A goal cannot be scored directly from a throw-in.

Goal Kick

When the ball has wholly crossed the goal line after being last touched by a player from the attacking team, it is put back into play by a kick from the goal area by the defending team.

Ball In and Out of Play

The ball is out of play when (a) it has wholly crossed the goal line or touchline, whether on the ground or in the air, or (b) when the game has been stopped by the referee. The ball is in play at all other times.

Corner Kick

When the ball has wholly crossed the goal line after being last touched by a player from the defending team, it is put back into play by a kick by the attacking team from the corner on the side the ball went out.

COED LEAGUE ONLY: Male 3 Touch Rule

No male player may touch the ball more than 3 times in a row after gaining control of the ball. No male touch restriction in our Men's League!

Substitutions

Only roster players may play on a team and no last minute substitutions are allowed. However, please see below "ringer clause" To add a player to the roster you must contact the VAVi office at least 24 hours before game time.

*Ringer Clause: If before your game or during the first 10 minutes of your game, you feel that a player on the opposing team is not on an official roster and could possibly affect the outcome of your game, it is the responsibility of the team captain to approach the umpire/referee and log a complaint. If the opposing team captain confirms a player on their team is not on their roster and a possible "ringer", then the non-rostered player in question must sit out that game or the rest of the game. However, if both teams agree to play with a sub or non-rostered player, then it will be played as a true game and the player must sign a waiver form.

Complaints about subs, non-rostered players or "ringers" cannot be logged after 10 minutes into your game or at the end of your game. If you have additional questions about a non-rostered player at your court or field, you may also call VAVi's After-Hours Phone at 858-220-8328.

Tournament Rules

The top 4 teams advance to the tournament. The standings will be determined by record (3 points for a win, 1 point for a tie, 0 points for a loss). If time permits, we will occasionally take more than 4 teams to the tournament (ie. We have 5 or more hours of field time).

In case there is a two-way tie between teams, the following tiebreaker system will be used:

~Head-to-head matchup

~If there is still a tie or if both teams played each other twice and both have a 1-1 record we will move on to Head-to-head goal differential (Head-to-head goals scored minus goals scored against)

~Overall season goal differential (Overall season goals scored minus overall goals scored against)

~ If no clear winner is established a flip of the coin will establish the winner.

In case there is a three-way tie between teams, the following tiebreaker system will be used:

~Head-to-head matchup

~ If the winner of the head-to-head matchup can't be determined (ie. 2 teams played each other twice or each team has a 1-1 record), then the head-to-head goal differential will be used and compared for all 3 teams. (ie. Average Goals scored minus average goals scored against). Whoever has the highest average goal differential will take the higher playoff seed.

**Average goal differential will be used when two tied teams in the three-way tie played each other twice. If Team A and Team B played each other twice and Team C only played each team once, we will use the average score for Team A and Team B's two games. To determine this, we will add up the goals scored for both teams in both games and subtract the goals scored against. This number will then be divided by 2 to determine the average.

~Overall season goal differential (Overall season goals scored minus overall goals scored against)

~ If no clear winner is established a flip of the coin will establish the winner.

****PLEASE NOTE:** If one of these teams in the tiebreaker forfeits anytime during the season, that game will be counted as a 3-0 loss for the forfeiting team.

If a tie exists at the end of a tournament game the game will be decided by going immediately into Penalty Kicks. Each team will pick 5 players (minimum of 2 females) to kick alternating shots. At the end of the 5 kicks the team with the most points wins. If a tie still persists sudden death penalty kicks will take place. The same 5 kickers must be used in the same order in overtime PK's until a winner is decided.

All other playoff scenarios that occur will be treated on a case-by-case basis by the Sports Director. The Sports Director has the final say on any disputes and will treat each situation in the fairest and most logical way. Please email Jessica at jessica@govavi.com if you have any questions about these rules.