

SYSA Soccer
Modified Rules of Competition
7 v 7 Outdoor Recreational Soccer

All competitions shall be governed by the Rules as stated herein in all cases where they are applicable. All members of SYSA shall be governed by these Rules of Competition. These rules are modified from the FIFA Laws of the Game.

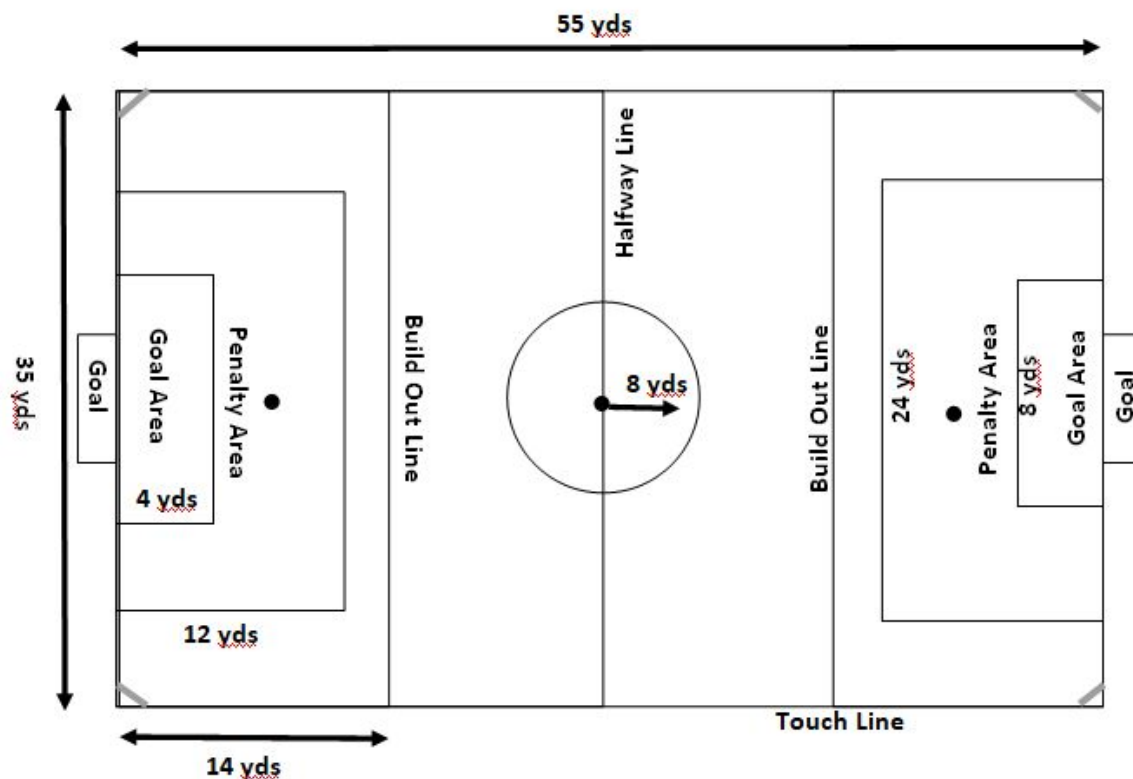
Good judgment, sportsmanship and fair play should govern the decisions and actions of all the players, coaches, referees and spectators.

Law 1 Field of Play

- See diagram below.
- The following specifications are applicable to **7 v 7** competitions administered by SYSA.
- Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.
- Length: maximum length is **55 yards**
- Width: maximum width is **35 yards**

Field markings.

- Field of play is divided into two halves by a halfway line.
- Goal Area: **4 yards x 8 yards**
- Center Circle: **8 yard** radius
- Penalty area: **12 x 24 yards**
- Penalty arc: **8 yards**
- Penalty mark: **10 yards**
- Corner arc: **1 yard**
- Build Out Line: **14 yards**
- The build out line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball in his or her hands during play, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play. After the ball is put into play by the goalkeeper, the opposing team can cross the buildout line and the play resumes as normal.
- Goals: **6 x 18 feet** goals will be placed on the center of each goal line. In case permanent goals are not available, flags or cones may be used to mark the goals (18 feet wide) and corners. If cones are used for goals, the top of the player's hands will determine the "imaginary" height of the crossbar.
- Coaches and players will be on one touchline. Parents and spectators will be on the **opposite** touchline. Players, coaches and spectators should not be along the goal area touchlines or behind the goal line.
- A game may be postponed at the field site if weather conditions are too hazardous for play. Extreme weather includes lightning, snow or ice on the ground. Rain is not a reason to postpone play.
- No dogs or pets allowed near the playing field.



Law 2 The Ball

- A size **four (4)** ball will be used for all practices and games.
- The home team is responsible for providing the game ball.

Law 3 The Players

- The match is played by two teams, each consisting of not more than **seven (7)** players, one who shall be the goalkeeper.
- Maximum team roster is **fourteen (14)**. Each player shall receive 50% of the total playing time. The coach is responsible to enforce this rule.
- Substitutions.
- Substitutions may be made, with the consent of the referee, during any stoppage of play or for an injury.
- Substitutions will be allowed in order to give an opportunity for all players to get equal playing time and to balance rather than run up the score.
- Players not on the field of play must remain two (2) yards behind the touchline and not along the goal area or behind the goal line.
- Rosters: Printed rosters are not required to be submitted prior to the game but may be requested by the Certified Referee.
 - The referee will have the responsibility of ensuring that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee who is satisfied that the bleeding has stopped.

Law 4 Player Equipment

- Conform to FIFA Laws of the Game.
- A minimum “official” uniform is the standard SYSA issued jersey with number, black shorts, and socks.
- Shin guards are **MANDATORY** for practices and games. Socks must be worn up and over the shin guards.

- Safety.
- A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry, with exception of a medical alert bracelet).
- All or any member(s) of a team may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects provided that: (1) The proper team uniform is worn outermost; and (2) Any hat should be without peak, bill or dangling or protruding object of any kind; and (3) Referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.
- No player shall be allowed to play in any regularly scheduled practice or game with an injury or a known medical condition, which can be communal or aggravated by playing.
- Prosthetic Devices require a physician's permission before a player may play and it must state the player needs to wear the device in order to play. Even then, such devices must pose no danger to other players on the field. The referee's judgment shall be the final determining factor.

Law 5 The Referee

- Games will be officiated by a certified official. In the event that a referee is not present, both coaches will mutually agree upon an official. If the coaches cannot agree, a parent/coach from the home team will referee the first half and a parent/coach from the away team will referee the second half. The parent/coach must refrain from coaching while refereeing.
- It is the duty of each official to conduct him/herself in a manner becoming a member of the league, encourage fair competition and good sportsmanship at all times and enforces the rules of the league. Any official who does not comply with the ideals of SYSA Soccer shall be subject to removal from league participation. Neither the use of foul language nor the drinking of alcoholic beverages by an official during the competition shall be tolerated.
- Misconduct reports: If a player or coach is cautioned or ejected, the referee must complete a misconduct report within forty eight (48) hours. A player or coach who receives an ejection shall not participate in his/her team's next game.

Law 6 Other Officials

- None.

Law 7 Duration of the Match

- **Two (2) x twenty-five (25)** minute halves and a **five (5)** minute half time break.

Law 8 Start and Restart of Play

- Conform to the FIFA Laws of the Game, with the exception that the defending team is at least **eight (8)** yards from the ball until it is in play.
- Restarting play after temporary delay, there will be a drop ball at the spot where the ball was declared dead. The ball shall be deemed "in play" when the ball has touched the ground.

Law 9 Ball in and out of play.

- Conform to the FIFA Laws of the game.
- The ball is out of play when it is wholly crossed the goal line or whole touchline, whether it is on the ground or in the air.
- The ball is out of play, when the referee has stopped the game.

Law 10 Method of Scoring

- Conform to the FIFA Laws of the game.
- A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air between the goalposts (flags) and under the crossbar (height of the flags).
- In the event that cones are used for markers, the height of the crossbar will be determined by the height of the goalkeeper's hands.
- There will be no published team standings and game scores will not be recorded.

Law 11 Offside

- The build out line will be used to denote where offside offenses can be called. Players can be penalized for an offside offense between the build out line and the goal line.

Law 12 Fouls and Misconducts

- Conforms to the FIFA Laws of the game.
- Play should be stopped when a player acts in a careless, reckless or dangerous manner.
- No heading. An indirect free kick is awarded to the opposing team from the spot of the offense.
- No slide tackling. An indirect free kick is awarded to the opposing team from the spot of the offense.
- No goalkeeper drop kicks or punts. An indirect free kick is awarded to the opposing team at the spot of the offense if a goalkeeper punts or drop-kicks the ball. Goalkeepers may roll, throw or place the ball down and pass the ball.
- No contact will be made with the goalkeeper who has possession of the ball. A goalkeeper with one finger on the ball is considered to have possession.

Law 13 Free Kicks

- Conform to the FIFA Laws of the Game with the exception that all opponents are to be at least **eight (8)** yards away from the ball until it is kicked.
- Direct and Indirect kicks will be awarded.
- A goal cannot be scored from an INDIRECT free kick unless the ball has been played or touched by a player other than the kicker before passing through the goal.
- The kicker shall not play the ball a second time until it has been touched or played by another player.

Law 14 Penalty Kicks

- Conform to the FIFA laws of the game with the exception that the penalty mark will be **ten (10)** yards from the goal line

Law 15 Throw In

- Conform to the FIFA Laws of the Game.
- The ball is out of play when it is wholly crosses the whole touchline, whether it is on the ground or in the air.
- A goal shall not be scored directly from the throw-in.
- If an incorrect throw occurs, a throw in shall be awarded to the opposing team.

Law 16 Goal Kick

- Conform to the FIFA Laws of the Game.
- When the whole of the ball passes over the whole of the goal line, excluding the portion between the goalposts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the attacking team, a goal kick will be awarded.

- A goal kick may be taken from anywhere inside the goal area by any member of the defending team.
- The kicker shall not play the ball a second time until it has been touched or played by another player.
- The ball is in play when it crosses outside the goal area.
- The opposing team must move behind the build out line during a goal kick until the ball is put into play. The team taking the goal kick may choose to restart play before the opponents have retreated behind the build out line.

Law 17 Corner Kick

- Conform to the FIFA Laws of the Game with the exception that all of the opposing players are to be at least **eight (8)** yards from the ball until it is kicked.
- When the whole of the ball passes over the whole of the goal line excluding that portion between the goalposts and under the crossbar, (either in the air or on the ground), having last been played by one of the defending team, a player of the attacking team shall have a corner kick.
- A goal may be scored directly from a corner kick.
- The kicker shall not play the ball a second time until it has been touched or played by another player.

Miscellaneous Rules

- **Team Responsibilities**
 - All teams are responsible for the cleanup of the fields after each game. Please do not leave garbage on the sidelines.
- **Coach Responsibilities**
 - The coach or designated adult should attend every practice and every game. All coaches, team managers, and assistants must comply with all Risk Management requirements. There must be an approved adult at all functions.
 - Coaches, their assistants or spectators are not allowed on the field of play during the game unless permission is given by the referee (in case of emergencies or unusual situations).
 - The coach should have a team and parent meeting at or before the 1st practice.
 - The coach should hand out the team game schedule and announce team practice times and fields.
 - The coach is responsible for his own behavior as well as that of his players, parents and spectators. Remember this is just for fun.
 - Every player must play in each game at least 50% of the playing time unless they are not able to play due to illness or injury.
 - Coaching from the sidelines is permitted but not recommended. Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical.
 - It is every coach's obligation and duty to attend coaching meetings in order to acquire information that, in turn, may be passed on to the players.
 - Make sure that you have a game ball properly inflated before the game starts. Make sure that your players are properly equipped, fit and emotionally ready to play.
 - In case of injuries during the game, assure that the player is properly attended to. Check his/her condition after the game and follow up with a call to the home in the evening.

- In the event an injured player requires medical attention, he/she must have a written release from the doctor before returning to practice or play with the team.
- **Practices**
 - Only **two (2)** practices per week for **sixty (60)** minutes is allowed at this age level.