

WISC Summer 7V7 Soccer Rules and Regulations

Warhill Sports Complex 2024

The WISC Rules for Outdoor 7 v 7 Soccer Leagues are based on FIFA Laws modified for outdoor play. Below are the major differences.

1. **Number of Players:** Six (6) field players and one goalkeeper. Coed teams must have a minimum of one (1) female on the field at all times.

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, but provide teams with fewer than five (5) players a five (5) minute grace period to produce the minimum required five (5) players before a forfeit is awarded to the opposing team, with the resulting score registered as a 5-0 result.

2. **Ball:** WISC will provide one game ball per field. This ball must be used for the entire match. No substitute balls when ball is kicked out of play. Time will not stop when ball leaves the field of play.

3. **Substitutions:** Unlimited “on the fly”. Must occur at the halfway line and must not interfere with play or create an advantage situation.

4. **Rosters:** A minimum of 10 players for adult leagues.

5. **Equipment:** Molded cleats, turf shoes and flats (including black-soled) are acceptable footwear. Metal studs cleats are **prohibited**. **Shin guards are required.**

6. **Duration of Play:** League will play twenty-two (22) minute halves with a one (1) minute halftime period.

7. **Kickoff:** On the whistle, ball may be played in any direction on the first touch.

8. **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. A restart for a ball over the touchline will be a 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 teams. A caution or ejection may be issued for excessive force.

10. **Injuries:** Any player who is bleeding must leave the field. Time will **not** be stopped for injuries.

11. **Goalkeeper Release:** Punts and drop kicks *are not* permitted. The ball must be distributed by a throw, normal place kick or kick from a dribble.

12. **Goalkeeper:** The goalkeeper may **NOT** handle the ball if intentionally passed to him from the feet of a teammate. The goalkeeper is not limited in steps in his penalty area.

13. **Free Kicks:** All restarts from fouls will be **DIRECT**. Opposing players must give FIFTEEN (15) FEET 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.

14. **Misconduct Rules:**

a. **YELLOW:** A warning caution, no time penalty for this offense.

b. **Red:** *Ejection without replacement for the duration of match. The offender must leave the playing area (which includes the player's bench) and sit out the teams next match.*

Notes: Goalkeepers must serve their own penalties. WISC and JCC have a “**Zero Tolerance Policy**” towards fighting. Any player engaged in fighting will be suspended for the remainder of the season. A second incident of fighting from any player on a team, in which a player has been previously suspended, will result in the ejection of the team from the current session, without refund and may warrant exclusion from future sessions.

15. **Tie Breakers:** (League)

- a. Head to Head (or record among tied teams where applicable)
- b. Goal differential
- c. Least goals against
- d. Most goals scored

16. **Point System: Win=3 Tie=1 Loss=0**

17. **FIFA PK's:** The kicker is **not** limited to a **one step** approach.