



AYSA Adult 7v7 Soccer League Official Rules



Kickoff Rule

- The game begins with a kickoff awarded to the **home team**.
- The ball must be placed at midfield and **cannot be shot directly on goal on the first touch**.
- A goal **cannot be scored from the first touch** — the ball must be touched by another offensive player before a goal is legal.
- If the ball is shot directly from kickoff and goes into the goal without another offensive touch, **no goal is awarded** and possession restarts with a **goal kick** for the opposing team.

Sliding Rule

- **No sliding of any kind** is permitted — including slide tackles or intentional sliding even when no opponent is near the ball.
- Slips or accidental falls are permitted at the discretion of the referee.

Handball Rule

- If the ball strikes an **outstretched arm**, it will result in a **free kick** for the opposing team, at the referee's discretion.
- If a defensive player handles the ball inside the penalty area to block or stop a shot, this results in a **penalty kick**.
- Intentional handballs denying a goal may result in a **yellow or red card** at referee discretion.

Tie Games

- A tie game at the end of regulation will result in **penalty kicks**. There is **no overtime**.

End of Regulation Penalty Kick Procedure

- Each team selects **5 players (3 males, 2 females)**. Players may be on or off the field at the time kicks begin.
- A coin toss determines which team shoots first.
- The referee selects the goal to be used.
- All shots are taken **directly**, placed on the ground — **no dribbling**.
- Shots are taken from the **blue penalty kick circle**.
- Shots will follow the order: **male → female → male → female → male**.
- If the shootout remains tied after 5 rounds, it proceeds to **sudden death**.
 - Gender order no longer required.
 - Shooters **cannot repeat** until every player has taken a kick.



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Referee Protection Rule

- Any **touching, threatening, or abusive language/behavior** toward a referee results in **immediate suspension from the league**.
- Police may be contacted if necessary.
- AYSA maintains a **zero-tolerance** policy for referee abuse.

Cancellation / Weather Policy

- AYSA may delay, pause, or cancel matches due to lightning, severe weather, unsafe field conditions, or any situation deemed unsafe for players or officials.
 - If lightning is detected, play will be suspended for **30 minutes** from the last strike.
 - AYSA will communicate cancellations or schedule changes as soon as decisions are made.
 - Games canceled due to weather may be rescheduled or ruled “no contest” at the discretion of league management.
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1. League Structure

- Two divisions: **Men's** and **Co-ed**
 - Format: **7v7**, including goalkeeper.
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2. Player Eligibility

- Players must be **16 years or older** to participate.
 - All players must be registered on a roster before participating.
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3. Rosters

- There is **no maximum roster size**, but only **7 players** may be on the field at once.
 - Free agents (Men's & Co-ed) may sign up individually and will be placed on a team before the season begins.
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4. Game Day / Minimum Players

- A team must field **at least 5 players** (including GK) to begin a match.
 - **Co-ed Division Requirement:**
 - At least **3 women** must be on the field at all times (including GK).
 - If a team has fewer than 3 women, they must **play down** (example: 6 players if only 2 women).
 - **Grace Period:** Teams have a **5-minute grace period** after the scheduled kickoff before a forfeit is issued.
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5. Game Duration

- Games consist of **two 20-minute halves**.
- **5-minute halftime**.



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6. Substitutions

- **Unlimited** substitutions.
 - Substitutions may only occur **with referee approval**.
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7. Field of Play / Equipment

- Size 5 soccer ball is used.
 - Shin guards are **mandatory** for all players.
 - Teams must wear matching or easily distinguishable shirts.
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8. Game Rules / Laws of Play

- Base rules follow **FIFA Laws of the Game**, with AYSA modifications below:
 - **No offsides** in AYSA 7v7 leagues.
 - **All restarts are direct kicks.**
 - **Throw-ins** follow standard FIFA rules: both feet down, ball delivered over the head.
 - **Goal Kicks:**
 - Taken from the **goalie box**.
 - Defenders must remain **outside the blue 18-yard box** on goal kicks and when the goalkeeper has possession.
 - **Goalkeeper Distribution:**
 - **No punts or drop-kicks allowed.**
 - Goalkeepers must **throw** the ball back into play when releasing with their hands.
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9. Co-ed Division Rules

- As stated above, **3 women minimum** on the field (including GK).
 - If only 2 women are available, the team must play **6v7**.
 - If only 1 woman is available, the team must play **5v7**.
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10. Discipline / Conduct

- Standard yellow/red card system applies.
- **Red card** results in automatic ejection for the remainder of the match **plus the following match**.
- Violent conduct, abusive language, or referee abuse results in additional suspension or removal from the league.



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11. Forfeits

- If a team cannot meet the minimum number of players by the end of the **5-minute grace period**, a **forfeit** is issued.
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12. Standings / Scoring

- Final standings will be kept on the AYSA internal link provided to teams. The winner will be based on the overall record throughout the season.
 - Tiebreaker: If two teams have the same record, the tiebreaker will be the head-to-head matchup between the teams that was previously played.
 - If the teams didn't play head-to-head during the season: the winner will be determined by a penalty kick shootout between those 2 teams based on the End of Regulation Penalty Kick Procedure on page 1.
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13. Guest Players / Free Agents

- Free agents are assigned to teams **before the season starts**.
 - **No guest players** are permitted once the season begins.
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14. League Administration

- League management and the AYSA Soccer Director have final authority over rule interpretation, gameplay decisions, disciplinary action, and all league matters.