**SBC Co-Ed and Men’s Soccer Rules - 7 on 7**

**OVERVIEW**

**7 PLAYERS (2 girl minimum)**

TWO 20-MINUTE HALVES

RUNNING CLOCK

5 MINUTE HALFTIME

TIES DURING REGULAR SEASON DECIDED BY 3 PLAYER SHOOTOUT  
  
**COIN FLIP/BEGINNING OF GAME**

The team that wins the coin toss at the start of the game will have first choice to kick-off or choose a goal to defend.

**KICKOFF**

The ball placed at midfield. Must be advanced 1 time.

**CO-ED RULES AND TEAM SIZE**

The maximum number of players on the field is 7 (standard: 5 men, 2 women); minimum number of players is 5 (4 men, 1 women). If there is only 1 woman, 5 men may still play. However, there cannot be more than 5 men on the field under any circumstance. There are no limits to the number of women on the field at one time. Only registered players from that team may play, unless approved by a League supervisor.

**Gender Rules:**A female teammate’s touch must occur on every possession started before midfield. A female touch is not needed on a kick-off. The touch can take place on either side of the field. If a goal is scored and this did not happen, the goal is waived off and a goal kick is awarded to the opposing team. If a pass is stolen on the opposition’s side by a male, he is allowed to continue to goal and score without a female touch.

**TIME**

Play will be divided into (2) 20-minute halves separated by a brief 5 minute halftime. There will be a running clock maintained by a referee who will advise both teams when there is one minute remaining in each half. The clock will stop during injury time-outs. Any delay tactics, (kicking the ball far out of bounds) will allow the referee (at his/her discretion) to stop the clock.

**THE GAMES/SCORING**

Each goal is worth 1 point. Ties will be decided by a shootout

**SHOOTOUT SPECIFICS:**

1. Each team selects 3 players that were on the field at the end of regulation.  A coin toss will decide which team shoots first.  The referee will decide which goal to shoot at.

2. Teams will alternate taking direct penalty shots from 12 paces off the goal line at a goal with a goalie.

3.  If tied after the 1st round, the 2nd round will be SUDDEN DEATH i.e. 1st player from Team A scores & 1st player from Team B misses - Team A wins.  Players who shot in the 1st shootout are not eligible to shoot again until all remaining players present have shot.  If and when 1 team begins to utilize players for the second time, the other team may "recycle" players as well.  Thus, some players on the team with more people present, may or may not shoot.

**SUBSTITUTIONS**

All substitute players must notify the ref before entering the game.

Substitutions may occur during any stoppage of play.  Stoppages such as:

                                  -Throw-ins

                                  -Scoring of goals

                                  -Goal kicks

*There is no substituting "on the fly".*

**GOALKEEPERS**

Teams will be allowed to have a goalkeeper.

**OFFSIDES**

\*\*There will be NO offsides\*\*

\*\*\***NO SLIDE TACKLES\*\*\***

**\*\*\*SHIN GUARDS ARE REQUIRED\*\*\***

**Yellow Card= Sit Out 3 minutes**

**Red Card=Out for the Rest of the Game**

**ALL KICKS ARE DIRECT KICKS**

The ball is to be placed at the point of the infraction and to be put in play by any player on the affected team.  No opposing player is allowed to be within 10 steps of ball prior to kick.  Goals may be scored on direct kicks.  A direct kick is to follow these infractions:   (1) Charging  (2) Roughness (3)Handball (4) Dangerous play/kick (5) Slide-tackles.  Penalties incurred inside the goal box by the defense will result in a penalty kick on goal 12 paces out.