

7v7 SOCCER LEAGUE RULES 35+ Men's League

Hillsboro Parks and Recreation Department
4400 NE Century Blvd. 503-681-5380 /503-681-6120

RULES AND REGULATIONS

It is the responsibility of each team rep/captain and/or coach to familiarize his team with the following league rules. These rules will be enforced beginning with the first league match. Penalty for not complying will be forfeiture.

ROSTER

- a. Teams are allowed to add players during the regular season provided that the roster does not exceed 15 players. Player add forms can be found on teamsideline.com/Hillsboro under the 'league forms' tab.
- b. Players that are found to be playing on more than one team per night or league will be removed from the league for the current/remainder of the season. A team shall forfeit games which non-roster players are used or players that are playing on two teams within the same season.
- c. Once a player drops out of a team, the player cannot go and play for another team with in the same season.
- d. Players are allowed to play Friday nights in Women's and Coed or Men's and Coed.

AGE

- a. **Players must be 35 years of age to participate in 35+ Men's 7v7 league.**

PLAYER I.D CARD and PLAYER REGISTRATION

- a. Individual player registration is conducted by the Oregon Adult Soccer Association (OASA), 1750 SW Skyline Blvd., Suite 121, Portland, OR 97221, and (503) 292-1814.
- b. By registering with Oregon Adult Soccer Association (OASA), the player agrees to abide by the rules of the United States Soccer Federation, the OASA and the Hillsboro United Soccer League.
- c. The player registration card is the property of the Oregon Adult Soccer Association (OASA) and must be surrendered on demand to any game official or Hillsboro United Soccer League or OASA officer.
- d. To be eligible to play in a sanctioned match, a player must hold a valid OASA player card, and have his name appear on a match roster prior to the start of match play.
- e. Coaches are not sanctioned participants of the Oregon Adult Soccer Association. Cards are given to coaches for identification purposes only.
- f. **NO CARD, NO PLAY, NO EXCEPTION.**

UNIFORM/EQUIPMENT

- a. All teams are required to wear matching color jerseys, shirts or same color pennies (tops). The tops must be numbered on one side. The numbers must be visible at all times and either sewn on or stenciled on. Team shorts and socks don't have to match. **Referees will not officiate a match if both teams are wearing the same color top.**
- b. Home team determines jersey color.
- c. Both teams must furnish 2 size 5 match soccer balls. The soccer balls must be properly inflated and in playable condition. Failure to provide the minimum requirement of match soccer balls will result in a forfeit.
- d. Soccer cleats or sport/turf shoes must be worn – No street or metal cleats are allowed.

THE GAME

- a. League games shall consist of two 25-minute running clock halves, 5 minute between halves.

- b. All participating players in the match must be accurately listed the lineup card, failure to do so will result as a forfeit.
- c. Offsides will not be enforced.
- d. Slide tackling is not allowed on, or in the vicinity of, an opponent. Player can be penalized up to, and including, a red card.
- e. One head referee will be schedule for each match.
- f. There is no provision of overtime in this league.
- g. The game clock will start at the schedule game time.
- h. **Substitutions** – free substitutions is allowed at the discretion of the referee during any restart.
- i. Games are played with 7 field players (6 field players and a goalie). Minimum number of players to start the match is 5. **Grace period** – If a team fails to meet the minimum requirement within 5-minutes of the start time, that team will forfeit the match.

MATCH LAWS

- a. F.I.F.A - FUTSAL LAWS OF THE GAME.
<http://www.fifa.com/mm/document/affederation/generic/51/44/50/futsallawsofthegameen.pdf>

GAME CONDUCT/RED & YELLOW CARD

- a. Field player may not charge, tackle or slide tackle opponent who has possession of the ball. **Goal keepers** may slide-tackle only in the penalty box – slide to retrieve the ball but may not slide feet first to take the ball away from opponent in the possession team. As for any other concurrent foul, other infractions may result in a caution or ejection of the match when in the judgment of the referee.
- b. Abusive or inappropriate language used by any player either on the field or on the bench will be treated with the minimum of one yellow card. Continued language will receive a red card and an ejection.
- c. Any player receiving a direct red or 2nd yellow will be ejected from the match and will have to miss a minimum of one additional match. **ANY PLAYER THAT IS SHOWN A RED CARD MUST LEAVE THE FIELD BEFORE THE MATCH CAN CONTINUE.**
- d. Any player(s) who receive a suspension in any HPR 7v7 or 11v11 leagues, are in addition, prohibited from participating in any other HPR 7v7 and 11 v 11 leagues, that is, until suspension has been completed.
- e. If a captain/coach has been warned about the behavior of spectators, card(s) may be assessed to the captain/coach if the problem is not corrected. It is the responsibility of the captain/coach to maintain appropriate behavior of the players and spectators of their team.
- f. If a player has been sent off the field for a red card, they must immediately exit the facility including the parking lot. Teams will play down a person for the remainder of the game.
- g. Any player(s) caught using a different players card will be sent off. Teams will play down a person for the remainder of the game.
- h. Any team(s) involved in a physical altercation will forfeit all OASA player cards to HPR and will be followed by a 1 game suspension for each team. The player(s) involved in the physical altercation should expect to receive a long-term suspension determined by League Organization members.
- i. Teams involved in 2 physical altercations will be eliminated from playoffs. Player(s) involved in the physical altercations should expect to receive a long-term suspension determined by League Organization members.

PLAYER MISCONDUCT and SUSPENSION GUIDELINE

- a. All Members (player and coaches) of the Hillsboro United Soccer League are subject to be monitored and investigated on any misconduct justifying a report by a referee, park staff or any person in an official capacity.
- b. All reports shall be directed for review to the League Organization members.
- c. Players have 48 hours to promptly appeal a decision (within 48 hours after the suspension report has been published) rule on the report and take appropriate action. If dissatisfied with the decision, the charged party has the right to appeal the decision to the League Appeal Committee. If that appeal is denied, the appellant has the right to appeal the decision to the Oregon Adult Soccer Association. (Reports are published on www.teamsideline.com/hillsboro (men's soccer section))
- d. Verbal or physical abuse by a coach or player upon a referee is governed by USSF Bylaws. In matters of verbal or physical abuse by a player, the Member Organization is expected to act promptly (within 5 days of the

incident) and in a manner appropriate for the violation. A full report of the incident and the Member Organization's subsequent action is to be submitted to Oregon Referee Committee immediately after action is determined. Oregon Referee Committee will determine the extent of action to take, if any, in addition to that taken by the Member Organization.

- e. Team players and coaches will be responsible for the conduct of their spectators.
- f. Players who are under league suspension cannot participate as a coach during a game and must sit in the spectator area, failing to obey will result in a forfeit against your team.
- g. **Yellow Card Accumulation** – Players that accumulate five yellow cards during the season will be suspended for the following match.
- h. All patrons (players, coaches, and spectators) must abide by the City of Hillsboro Park Rules. Failure to do so will result in removal from the park and a minimum of one week suspension, up to a full season suspension.
- i. If you have been sent off the field for a red card, you must immediately exit the facility including the parking lot. Teams will play down a person for the remainder of the game.

Red Cards – After a suspension has been issued by the league (HUSL). All soft red cards are sent and must be picked up by the player at Hidden Creek Park East office: 300 NE 53rd Ave, Hillsboro, OR 97123. Behavioral related red cards are sent and must be picked up by the player at the Oregon Adult Soccer Association office: 1750 SW Skyline Blvd, Suite 121, Portland, OR 97221.

Code	Offense	Number of Games Suspended
1	Serious foul play	1 - 4
2	Violent Conduct	1 - 4
3	Player card misuse	1
4	Denying the opposing team a goal-scoring opportunity - Handing the ball	1
5	Denying an obvious goal-scoring opportunity - Deliberate foul	1
6	Receiving a second (yellow card) caution in the same match	1
7	2 cumulative behavior-related red cards during a season	Remainder of current season and playoffs
8	Using offensive, insulting or abusive language/gestures/behavior	1 - 5
9	Playing with 2 teams during the same season (league level suspension)	Remainder of the current season and following season.
10	Using offensive, insulting or abusive language/gestures (against league staff)	5 game or up to one 1 year
11	Violent Conduct – Intentional - Fighting	OASA Review – 5 years
11	Violent Conduct – Intentional - Attempting to fight	3 games – 1 year
12	Referee Assault / Verbal threats	OASA Review - 5 years
13	5 cumulative yellow cards received during a season	1

The penalty for any player or team disregarding any section(s) of these written rules may include ejection from the match, suspension, forfeit of the match and/or dismissal from the league as determined by the Parks and Recreation Department and the Hillsboro Soccer League Governing Board.

CANCELLATION OF GAMES

In the case of extreme weather conditions, team representatives are responsible for calling the game cancellation number, 503-681-6226 before 4:00pm on the day of the scheduled match.

MATCH SCORING & LEAGUE STANDINGS

- a. Match scoring will be as follows:
 - Win = (3) points Tie = (1) points Loss = (0) points
 - Forfeit wins are scored as 3-points for the winner; 0-points for the forfeiting team. The score line shall be 2-0 with the winning team receiving full credit for the goals awarded due to the forfeit.
- b. **7 goal mercy rule.** During the match, if the goal differential is more than 7 goals the referee will stop counting additional goals. Those goals will not be added in the final score.

FINAL STANDINGS & POST SEASON TOURNAMENT

- a. Points earned by teams will accrue and determine league standings.
- b. If there is a tie; the final standings will be determined by the results of matches played between the tied teams (head-to-head).
- c. In the case this does not break the tie, the team which allowed the fewest goals during the season will win the tie-breaker.
- d. In the case that this does not break the tie, the third tie-breaker will be a coin toss by the League Coordinator, Jonathan Wangen.

The City of Hillsboro will not be responsible for loss of property or injury suffered by any player or team during the time they play in the Hillsboro Adult Soccer League program.

It is the intention of the Parks and Recreation Department that the purpose of the soccer league is to provide fun and recreation for the participants. Therefore, protests of matches will be considered only because of extremely compelling reasons. The officials must be notified during the match of the protest and the league coordinator must be notified the day following the game.

Updated: January 2026