



2026 7v7 ADULT SOCCER RULES AND REGULATIONS

1 LEAGUE MANAGEMENT

PROGRAM COORDINATOR: Eva Daigle | W: 541-754-1706, C: 503-877-2224 | eva.Daigle@corvallisoregon.gov

- A. The Program Coordinator has final authority to make decisions pertaining to all soccer league rules, regulations, and schedules; to act in the best interest of the City of Corvallis; and to make decisions in the spirit of competitive balance and fair play.
- B. Upon registering as a team in leagues coordinated by the City of Corvallis, each team and all participants agree to abide by Parks and Recreation's rules and regulations.
- C. Parks and Rec staff and officials may stop, postpone or cancel any game due to weather, unsafe conditions or other circumstances that may jeopardize participant safety in anyway, including games in which player behavior is deemed out of control.
- D. Parks & Recreation is not responsible for player's valuables. Please store them securely.

Parks & Recreation Sports Management Team Sideline Page:
<https://www.teamsideline.com/sites/Corvallis/home>

1.1 FEES

- A. All teams must pay the league entry fee at the time of registration.
- B. Deadline to request a refund: Five (5) business days prior to the first game of the season.

1.2 TEAM CLASSIFICATIONS

- A. The Program Coordinator has full authority to take measures they deem necessary to create balance among the leagues in order to involve as many teams as possible in the program. The primary goal is to create divisions that are evenly balanced and enjoyable.
 - 1. Past team performance may be considered during league composition.
 - 2. Number of returning and new players may be considered during team classification.

2 ELIGIBILITY AND PARTICIPATION

2.1 PLAYER ELIGIBILITY

- A. All players must be at least 18 years of age and out of high school. High School students are not eligible to play in adult leagues.

2.2 ROSTERS

- A. To be eligible, players must be added (invited) and “enrolled” on the official team roster through TeamSideline prior to playing in any league games. Failure to comply subjects a team to forfeiture of games in which ineligible player(s) participated.
 - 1. **Initial roster deadline is Monday, June 29, 2026.**
 - 2. Teams must have a minimum of 7 players on their roster. Rosters are not limited to a maximum number.
 - 3. New players may be added to rosters after the initial roster deadline date through TeamSideline.
 - 4. [TeamSideline “How To” Document for Managers.](#)
- B. **Team Composition** – A team consists of seven (7) players including the goalkeeper but may start with a minimum five (5) players on the field. Less than 5 players will be a forfeit.
 - 1. In coed, no more than 4 males can play in the field at once.
 - 2. No limit on the number of females who can play in the field at once.
 - 3. All players must be on the team roster in TeamSideline to participate.
- C. Participants may only play on one (1) team in the entire program.
- D. If a player decides to transfer to another team, the team managers must agree. A written release from the previous team manager and must be submitted to the Program Coordinator.
- E. Ineligible Player: A team using an ineligible player(s) will automatically forfeit the game. Only players that are listed on the team roster are allowed to play in the program.

3 TEAM RESPONSIBILITIES

- A. **All players must have uniforms of the same color with a number** on the back, front or both.
- B. Players must wear shin guards to participate.
- C. If there is a score discrepancy, it must be resolved by the designated captains before the officials leave the field. Once officials leave the field, the score is final.
- D. When the game is over (clock runs out) no one may question the officials about the games. Any player, manager, or coach doing so may be suspended pending a ruling from the Program Coordinator.

4 LEAGUE PROCEDURES

The FIFA Laws of the Game and USA Soccer Federation govern league play, with the following exceptions:

4.1 GAME LENGTH & SCHEDULES

- A. The league shall consist of a round robin schedule with games played once a week. Schedules will be posted on TeamSideline. Teams normally play two matches each evening.
- B. Game field measures 55-65 yards long and 35-45 yards wide.
- C. Each team will be allowed a minimum of 5 minutes to warm-up before their game.
- D. Matches are 30 minutes long. There will be two (2) fifteen (15) minute halves. Halftime will be one (1) minute long.
- E. Each team will have two (2) time outs per half. Each time out is 30 seconds long.
- F. No offside rule will be enforced.
- G. Free substitutions are permitted at any stoppage of play, similar to indoor soccer rules.
- H. Goalkeepers may not throw or punt the ball in the air directly over the halfway line unless the ball is first touched by another player. Goal kicks may be kicked directly over the halfway line. Once the goalkeeper places the ball on the ground and plays it with their feet, they are considered a field player and may kick the ball over the halfway line.
 - 1. Penalty: Indirect free kick awarded to the opposing team at the center point of the halfway line.
- I. All restarts are indirect free kicks except for kickoffs, corner kicks, and penalty kicks, which are direct kicks.
- J. Opposing players must give a minimum of 5 yards of space on all kickoffs, corner kicks, and indirect free kicks.
- K. Kickoffs may be played in any direction.
- L. Any player may take kicks or restarts; there is no gender requirement.
- M. Slide tackling is prohibited.
- N. Forfeit time is game time.

4.2 OFFICIALS & SITE LEADERS

- A. Selection of Officials - Officials shall be assigned by the Parks & Recreation Department.
 - 1. The official shall be final authority during game period.
- B. There will be a Site Leader/Scorekeeper who will oversee the program. The Site Leader reports to the Program Coordinator.

4.3 FORFEITS, POSTPONEMENTS, PROTESTS

- A. Notify the other team manager and the Program Coordinator at least 24 hours in advance that your team is going to forfeit a game.
- B. There shall be no postponement of games unless made by the Park and Recreation Department. In case of snow or freezing rain, please call 541-766-6921 after 3 p.m. to check status of your game.
 - 1. If games are canceled due to weather or school closure, they will be rescheduled if possible.

- C. Protests must be filed in writing with the Park and Recreation office, or emailed to the Program Coordinator, no later than 24 hours after the game in question.
 - 1. Protests may not be filed on an official's judgment, but only on rule interpretation.
 - 2. A protest must be made to official and scorekeeper at the time of infraction.
 - 3. Written protests must include names of teams, date, game time, score, and explanation of action leading up the misinterpretation.

5 BASIS FOR DISQUALIFICATION

- A. Use of obscene or profane language during games or directed at someone in the facility, or destruction of property at the site of league play.
- B. Consumption of alcohol by any player in the sports complex before, during, or after the match.
- C. Any player or manager showing unsportsmanlike conduct toward other players, officials, scorekeepers, site leaders or spectators will be ejected.
 - 1. The ejected player must leave the facility immediately and will be suspended for a minimum of the next two matches.
 - 2. If the player does not leave the facility, the official has the authority to forfeit the match.
- D. The Program Coordinator will make the final decision on how many games a player is suspended.

6 MISCELLANEOUS

- A. Notify the Program Coordinator of any potential scheduling errors. The Parks and Recreation Department will make every effort to resolve logistical issues.
- B. Blood Rule: When blood is visible, the game will be stopped to allow for quick dressing of wounds. Wounds must be covered and no blood can be visible before player may return to play.
- C. Wearing jewelry is discouraged for safety reasons.
 - 1. Players must tape, cover or remove jewelry during active participation if the official identifies a safety hazard.
 - 2. Casts (plaster, metal or other hard substance or any other item deemed dangerous by the umpire) may not be worn during the game.
- D. Play at your own risk. All players are responsible for their own insurance coverage. The City of Corvallis does not provide accident insurance for league participants or spectators.