



CITY OF WACO PARKS AND RECREATION
ADULT SOCCER 7V7 LEAGUE RULES AND REGULATIONS

Section 1 - The Ball

I. Specifications

- A. Size: Five (5).
- B. Each team must provide a game ball.
- C. Failure to provide a game ball results in a penalty kick awarded to the opposing team, at the start of the game.

Section 2 – Game Duration and Start

I. Game Length

- A. Two halves of 25 minutes each, with a 5-minute halftime.
- B. No overtime period.
- C. If halftime/end of regulation occurs during a penalty kick, it will still be allowed to be taken.
- D. Ties only in playoffs will be resolved by penalty kicks.

II. Game Commencement

- A. Teams should be present at least fifteen (15) minutes prior to game time.
- B. Two referees will officiate each match. If only one is present, the game will proceed as scheduled.
- C. Game clock will begin at the scheduled game start time. (6:30pm, 7:30pm, 8:30pm, 9:30pm)
- D. Minimum to Start: Five (5) players.
- E. A five-minute grace period is allowed to meet the minimum player requirement. Failure to meet player minimum results in a forfeit, with a score of 3-0.
- F. Kick-off: The ball may be played in any direction on the whistle.
- G. Opponents must be outside the center circle.

Section 3 – Roster, Substitutions & Injuries

I. Team Configuration/Roster

- A. Roster: Maximum fifteen (15) players. Must be turned into the Athletic Office before any team plays their first league game.
- B. Players are only allowed to play on one (1) team.
- C. Switching and/or trading of players is prohibited after 1st official game has been played.
- D. Newly registered players may be added to the team until the end of the 3rd official week of the season.
- E. Maximum: Seven (7) players on the field, including one (1) goalkeeper.
- F. Roster cards must be turned in to the Official prior to the start of the game. (First, Last Name; Jersey #)

II. Substitutions/ Injuries

- A. Notify the referee.
- B. Time does not stop. Substitutions can occur during play at the midfield line.
- C. Goalkeeper substitutions can take place at the goal line behind the keeper.
- D. The player entering must wait until the substituted player has exited the field and must not interfere with play.
- E. Substitutions are allowed for injured players. (Players who are bleeding must exit the field)

Section 4 - Player's Equipment

I. Required Gear

- A. Shin guards must be worn under socks.
- B. Players not wearing shin guards will not be allowed to enter the game.

II. Jewelry

- A. Players may not wear any item of equipment that may be dangerous to themselves or others.
- B. All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are NOT allowed and must be removed. Piercings that CANNOT be removed must be covered with tape during the entire match.
- C. Players/substitutes must be inspected before the start of the match before they enter the field of play. If a player is wearing or using unauthorized/dangerous equipment or jewelry, the referee must order the player to:
 - i. Remove the item (if possible) / cover securely with tape.

- ii. Receive a red card and leave the field of play if the player is unable or unwilling to comply.

III. Footwear

- A. Acceptable: Molded cleats (preferred), turf shoes, and flats.
- B. Prohibited: Metal stud cleats.

Section 5 - Restarts and Ball In/Out of Play

I. Six Second Restart Rule

- A. Restarts (free kicks, corner kicks, goal kicks) and goalkeeper releases must occur within 6 seconds.
- B. Failing to comply will result in a dead ball and automatic indirect free kick.
- C. When the count begins is up to the discretion of the game officials.

II. Ball In and Out of Play /Offsides

- A. The ball is out of play when it fully crosses the goal line or touchline, resulting in a corner kick, throw-in or GK.
- B. Off-side is not enforced

Section 6 – Fouls and Slide Tackling

I. Cards and Ejections

All fouls result in an indirect/direct free kick.

Red Cards:

Results in an ejection without replacement, removal from the complex, and a one-game suspension. The red card will be reviewed by League Administrators to determine if any further actions need to be taken.

The following offenses will receive a Red Card:

- A. Handball to prevent a goal if the ball does not go into the goal.
- B. Foul in the penalty area not attempting to play the ball, with a penalty kick awarded.
- C. Insulting, offensive, or abusive language or gesture.
- D. Serious foul play.
- E. Spitting at or biting.
- F. Leaving the team area to enter the field for an altercation.
- G. Receiving a second yellow card in the same game
- H. Coaches and benches may be carded.
- I. Physical Altercations (Section 10.IA)

Yellow Card:

Results in a (3) three-minute sit-out with no substitution allowed.

The following offenses will receive a Yellow Card:

- A. Slide tackling an opponent.
- B. Entering or leaving the field without referee permission.
- C. Persistent infringement of rules.
- D. Showing dissent by words or actions.
- E. Unsporting conduct (includes taunting and excessive celebration).
- F. Delaying a restart, encroachment of free kicks and corner kicks.
- G. Coaches may be carded for coaching outside of the team area.

II. Slide Tackling

- A. Slide tackle: Intentional sliding near an opponent or the ball.
- B. Only the goalkeeper is allowed to slide tackle within the goalie box. (Section.7.II)
- C. A slide tackle by any field player results in a yellow card and an indirect free kick for the opposing team.
- D. A slide tackle in the box will result in a yellow card and an automatic Penalty Kick (PK) for the offensive team.

Section 7 - Goalkeeper Rules

I. Distribution

- A. Opponents must remain 6 yards away and not impede the ball during goal kicks.
- B. Punts are prohibited. The ball must be distributed by throw, place kick, or dribble kick.
- C. Goalkeepers may not handle intentional back-passes from teammates.

II. Slide Tackling

- A. Only allowed within the goalie box by the goalie.
- B. A slide outside the goalie box will result in a yellow card and a free kick where the slide occurred.

- C. If the goalkeeper's slide is reckless (foot in the air, a hook, rolling tackle, it is a foul and a possible cardable offense.)

Section 8 - Set Plays (Free Kicks, Corner Kicks, Penalty Kicks, Goal Kicks)

I. Free Kicks

- A. Opponents must be 6 yards from the ball on free kicks.
- B. Free kicks are awarded for fouls and misconduct.
- C. The ball is live once it has been kicked and moves.

II. Corner Kicks

- A. Corner kicks must be taken inside the corner arc.
- B. Opponents must be 6 yards from the ball on corner kicks.

III. Penalty Kicks

- A. Result of a foul/handball inside box.
- B. Penalty kicks are only taken to resolve playoff ties.
- C. Opponents must be out of the box during penalty kicks.

IV. Goal Kicks

- A. Goal kicks must leave the penalty area.
- B. Opponents must be out of the box during goal kicks.
- C. If the ball is touched by an opposing player before it leaves the penalty area, the goal kick will be retaken.

Section 9 - Player Eligibility and Protests

I. Player Eligibility

- A. Players must be registered and can only play on one team.
- B. Violations result in automatic game forfeiture and potential one-year suspension.
- C. A player not on the roster or who is playing under another player's name will result in an automatic game forfeiture and potential one-year suspension (player/coach).

II. Protest Procedures

- A. Protest fee: \$25
- B. A written statement must be filed within 48 hours of the game to the Athletic Office.
- C. Protests on player eligibility must be brought to the attention of the scorekeeper, official, or athletic representative before the game has ended.

Section 10 - Conduct and Discipline

I. General Conduct

- A. Zero Tolerance for fighting no matter the start or how far the situation escalated. Fighting will result in all parties receiving a 1-game suspension from coaching, playing and spectating. Potential removal from league or additional suspensions taken based on League Administrator's decision.
- B. Zero tolerance for discrimination or harassment. Immediate removal and potential additional suspensions for violations.
- C. No alcohol allowed in or near the field.
- D. Any disciplinary action taken place at the end of the season will carry over into any future City of Waco Recreation League.

II. Coaches Conduct

- A. Coaches are responsible for the conduct of their players, spectators, and themselves.
- B. Coaches are to promote good sportsmanship by always demonstrating positive support.
- C. Failure to comply may result in removal from the complex and/or additional suspensions.

III. Point of Emphasis

- A. Sportsmanship is emphasized.
- B. Players, coaches, and spectators must respect referees, opposing teams, and other spectators.
- C. Any unsportsmanlike conduct can result in removal from the game and further disciplinary action.

Rain out and /or suspension of play:

- **In the event of rain or lightning the game will be rescheduled.**

- **Rainouts will be rescheduled at the earliest available date and may be scheduled on a different night than the team usually plays on. In case of rain, please call the rain out number (254)750-5845 after 4:00p.m. or visit www.teamsideline.com/waco for field conditions.**
- **Coaches/Managers are responsible for checking the website or contacting the Athletics Office for rainout and rescheduling information. Players need to check with their coach, call the rainout number or visit the website for rainout and scheduling information. Teams will not be called.**