

City of Manhattan Beach Parks & Recreation

7 on 7 Coed Soccer League Rules

Updated June 2023

General

All decisions of the Referee are final and binding. The league reserves the right to decide on all matters relative to the league and its' decisions are final. In the event of inclement weather, the league coordinator may reschedule a match, change division structure, reduce match duration or cancel a match.

NO PROTESTS ARE ALLOWED

Spirit of the Game

The City of Manhattan Beach Parks and Recreation Department believes that safety is the most important component to recreation programming. Therefore, it is important that all participants understand that the emotional and physical safety of all players is of the utmost concern of the League Director and Manhattan Beach Parks and Recreation Department.

FIGHTING

Any player who engages in fighting of any kind, retaliatory or otherwise, will be automatically dismissed from the league without a refund. Not only will that player be removed from the league, but the team may also be banned indefinitely. Do not put your team in jeopardy of being kicked out of the league. Team managers will be held accountable for their team's actions. The league director has the final say on all rules and regulations.

Registration

- **Players must be 18 years old or older.**
- Each team shall be allowed a maximum of twelve (12) players. A minimum of three (3) female players and four (4) male players must be included on each coed team roster.
- Players must be listed on the roster at registration to be eligible to play; additions will only be permitted for injuries, etc., by approval of the league director. Player interchange from one match to the next **is not authorized**.
- There are **no goalies** for these matches.
- A player **may** compete only on one team per night.

The Field

- Field dimensions are as marked on the field and are ~ 35 X 70 yards for all divisions.
- The goal area dimensions are as marked on the field and are ~ 6' X 4'.

Equipment

- It is strictly forbidden to wear metal cleats on the synthetic turf field.
- **Jerseys:** The home team will wear white and the visitors will wear dark. The season's schedule will designate Home and Visitors for each match. If a team has custom jerseys, they must be a contrasting color with the scheduled opponent's dark or white Jerseys. If not the team with the custom jerseys must change.
- **Ball Size:** Matches will be played using a size 5 soccer ball. All teams are required to bring a size 5 ball to each match.
- **Shin guards:** are not mandatory but are highly recommended.
- **Jewelry:** It is recommended that players do **NOT** wear jewelry.
- Players assume all responsibility for injuries related to equipment and jewelry.

Pre-Match

- Team managers shall ensure that all players are at the field ten (10) minutes before the scheduled match.
- The **team manager shall bring a copy of their roster to each match** and make it available to the Referee when requested. The Referee will note any missing rosters on the score card which is turned into the League Director and Manhattan Beach Parks and Recreation Department. The League Director will take action on missing rosters as deemed appropriate.

- A team, which cannot field 6 players 5 minutes after the scheduled start time which includes 2 females and 4 males, or 3 females and 3 males, shall forfeit the match unless both team managers agree otherwise and inform the referee. **At no time may a team play with more than Four male players. There is no limit on the number of female players as long as the maximum of seven player is not exceeded.** The referee will indicate on the score card that both managers agreed to play rather than forfeit.
- The team forfeiting shall be declared the loser by a score of two (2) goals to (0) zero.
- **Team Managers are responsible to set up the field.** This typically only includes setting up the two goals but could also involve moving items off the field.
- A referee will be assigned to each match. The referee will serve as timekeeper and scorekeeper. The referee is part of the field of play and their calls are final.
- If no referee is present by the scheduled start time, the match will be rescheduled unless both teams agree to proceed. **If the match proceeds, the score shall stand as played without protest.**

The Match/Rules

All matches will be played in accordance with IFAB "Laws of the Game", found at www.IFAB.com. However, the City of Manhattan Beach Parks & Recreation 7 on 7 Coed Soccer League Rules override the IFAB Laws where contradiction occurs.

- Duration of Match: matches have two 25-minute halves and a 5-minute halftime.
- Start of Match: The Home team decides which end to defend in the first half and kicks off. The kick-off will be at the center of the field on the referee's whistle. The Visitors will kick off to begin the second half.
- Kickoff: Occurs at the start of each half and to restart the match after goals are scored and may be kicked in any direction. Opponents must remain at least five (5) yards away from the ball before the kick. A Goal **cannot** be scored directly from the kickoff.
- Restarts: All restarts for fouls are Indirect Free Kicks. All defending players must be 5 yards from the ball.
- Defensive Walls: There shall be no more than 2 defensive players in any wall. All other defenders have to be 5 yards from the ball.
- Substitutions: **Substitutions can only occur with the Referee's permission when the ball leaves the field of play.**
 - The substitute can only enter the field after the player who is being substituted for has left the field.
 - An unlimited number of substitutions can occur at the same time.
 - Substitutions occur on the sidelines with the **players entering and exiting the field at approximately the same location near mid field.**
 - **Injured players** can be substituted for at any stoppage.
 - An unfair substitution shall result in an Indirect Free Kick for the opponent at a point determined by the Referee.
- Offside: There is no offside.
- Sliding/Slide tackling/Playing on the ground: There is no sliding, slide tackling, or playing on the ground allowed. When involved in a play, if any part of a player is touching the ground other than the player's feet than an automatic foul will be called resulting in an indirect free kick for the opponent.
- Scoring: A goal is scored when the entire ball crosses the entire goal line in the air or on the ground between the goal posts and under the crossbar.
- Ball out of play: The ball is considered out of play when the entire ball crosses the Goal line or touchline (sideline) or whenever the Referee blows her/his whistles.
- Corner Kick: Shall be given when a defensive player last touches the ball before it crosses the goal line. The corner kick must be taken within a yard of the corner flag. A goal **may be scored directly from a corner kick**. Opposing players must be five (5) yards away from the ball
- Goal Kick: Shall be given when an offensive player last touches the ball before it crosses the goal line. The ball must be in the goal area when kicked. A goal **may be scored directly off a goal kick**. Opposing players must be five (5) yards away from the ball.
- Throw-Ins: A throw-in is given to the opponent of the team who last touched the ball before it crosses the touch line (side line). The throw-in shall occur one yard from where the ball crossed the touch line. A goal **cannot** be scored off a throw-in. Opponents must be 2 yards away from the Throw-in.
- Goalies: There are no goalies. No player can control the ball with her/his hands during the match.
- Goal Area: Offensive and defensive players may not be inside the goal area until the ball is inside the goal area.
 - **During a shot on goal**, if the defensive team has a player in the goal area prior to the ball entering the area, a **Penalty Kick** will be rewarded to the opposing team. The Referee may Caution the offending player.

- **During a shot on goal**, if an offensive team has a player in the goal area prior to the ball entering the box, a goal kick will be awarded to the defensive team. The Referee may Caution the offending player.
- **Penalty Kicks**: Penalty Kicks are taken from the center of the field with all players five yards from and behind the ball.
 - **Once the ball is kicked forward, it cannot be touched by any player.**
 - The Penalty kick is not complete until a goal is scored, the ball stops moving, or the ball leaves the field of play.
 - The opponent restarts the match with a kickoff, indirect free kick, Goal kick, or throw-in depending on the result of the Penalty kick.
 - An Indirect Kick is awarded to the defending team if a member of the Kicking team touches the ball before it stops moving. The Indirect Kick is awarded where the ball is touched.
 - The Penalty Kick is retaken if an opponent touches the ball before it stops moving.
 - The team taking the Penalty Kick cannot score a goal against itself.
 - The Referee may show a Yellow Card or Red Card to players who commit an infraction during a Penalty Kick.
- **Tied Scores**: A tied score at the end of regulation time during the regular season remains a tied score.
- **Match Overtime**: There will be no overtime, except in playoffs.
- **Pass or Shot Height**: There is no limitation on the height of passes or shots by foot or head.

Fouls

If any player commits any of the following fouls, an indirect free kick will be taken by the opponent from the spot of the foul.

- If the foul occurs within one (1) yard of the goal area, the referee awards the indirect free kick five (5) yards from the point of infraction.
- A goal cannot be scored directly from an indirect free kick until another player touches the ball.
- **Any fouls committed by a Defender in the Goal Area results in a Penalty Kick for the opponent.**
- The referee may show a yellow or red card to the player or players who commit fouls;
 - based on the severity of how the foul was committed
 - in the goal area
 - to deny an obvious goal scoring opportunity

It is considered a foul to;

- Kick or trip an opponent
- Jump at an opponent
- Charge an opponent
- Strike or attempt to strike an opponent
- Grab, push or obstruct an opponent
- Touch the ball intentionally with the hand or arm
- Slide tackle – front or behind
- Being inside the goal area before the ball enters the goal area

Cautions (Yellow Cards): Players will be Cautioned if the player;

- Demonstrates unsportsmanlike behavior
- Dissents - by word or action
- Persistently infringes the laws of the game
- Intentionally delays a restart of the game
- Does not give the five (5) yards for a direct kick or corner kick
- In the opinion of the referee participates in any “unfair play”

For any offense for which the referee issues a yellow-card caution, the offending player will receive a 2-minute penalty. The penalized player must sit out, and his or her team will play short for that duration, or until a goal is scored against them, whichever occurs first. Penalty time will be kept by the referee. Once the penalty expires, the player (or his/her substitute) may not re-enter until given permission by the referee.

Send Offs (Red Cards): A player will be Sent Off for;

- Receiving two yellow cards in the same match
- Serious foul play
- Violent play/Conduct
- Spitting
- Foul or abusive language
- Any “unfair play” or “unacceptable Behavior” in the opinion of the referee

A player who receives a red card will be removed from the remainder of the match with his/her team playing “short” for the remainder of the match. The sent off player must also sit out the following Match. Any player receiving a red card must give her/his name to the Referee. If the Referee is not given the player’s name, then the match will be stopped and the offending team will forfeit, regardless of the score. The Sent Off player’s name and reason for suspension will be reported to the League Director for additional sanctions as deemed appropriate.

League Standings

Bracket standings to determine first, second and third place will be based on the following;

WIN	3 PTS
TIE	1 PT
LOSS	0 PTS

Total point ties will be resolved by the following tiebreakers, in order:

- Head-to-head match up
- Total goals scored
- Fewest goals allowed

Playoffs

The only rule change for playoffs is that a playoff match cannot end in a tie and “Kicks From the Mark” will be used to determine a winner.

Kicks From The Mark Tie Breaking Procedure for Playoffs: Playoff matches which are tied at the end of regulation (2nd half) will be settled using “Kicks From The Mark” (Kicks) as follows;

- The Referee will conduct a coin toss and the winner of the coin toss decides either to kick first or second.
- Kicks will be taken from the center of the field.
- The ball cannot be touched again after it is kicked.
- The Kick ends when the ball stops moving.
- All eligible players may participate in the Kicks.
- If one team has more eligible players then the other team that team **may** “Reduce to Equate” for total team size. Teams **do not have to** reduce to equate if they want all their players to participate in the Kicks.
- A set of (5) five Kicks will be taken by (5) five different players from each team with at least (2) two women in each group of 5.
 - Each team will alternate between male and female kickers until all females in the group of 5 have taken a kick.
 - The best of (5) five will determine the winner.
- If the match is still tied after the group of 5, a series of 1 v 1 “Golden Goal” kick-off rounds will occur until a winner is determined.
 - The teams shall alternate between male and female kickers during the 1 v 1 rounds until all females have taken a kick.
 - A player may not take a 2nd Kick until all teammates have taken a kick.
 - A winner is determined when only one team scores in a round.
 - After all players have taken a Kick the teams can reorder their kickers for the additional 1v1 kicks but must alternate between male and female kickers until all females have kicked.
- 1 v 1 kicks continue in this manner until a winner is determined.
 - A player may not take a 3rd or 4th (etc..) kick in the 1v1 rounds until all other players have taken their kick in each round.