



**The Grove Community Church**  
**Adult Men's & Women's Soccer League**

[Kendall Brown](mailto:kbrown@the-grove.cc) - (951) 571-9090 ext. 2145 [kbrown@the-grove.cc](mailto:kbrown@the-grove.cc)

7v7 matches follows FIFA Laws of the Game with the following exceptions:

**I. Field Rules:**

1. A size 5 soccer ball shall be used at all times. Shin guards and footwear are mandatory. No jewelry is allowed during league games or scrimmages. Because sports-related activities, such as soccer, involve physical contact with others, all league participants to assume the risk of injury related to activities.

2. For 7v7 games, normal game length is 50 minutes with two 25 minute halves with a 5 minute halftime, unless stated otherwise. Time is not stopped if the ball is out of play and there are no time-outs.

A. If a game begins late, the referee may shorten game length and/or halftime as necessary. Tournament/Playoff games may be shortened to accommodate for possible penalty kick shoot-outs.

3. Ball out of Play: A ball out of play when it has wholly crossed the goal line or touchline or when the game has been stopped by a referee. A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar (except by illegal means).

4. Unlimited "Flying" substitutions: Substitutions may occur at any time. Players substituting in must enter the field at the half-way line. Players substituting out should leave the field as quickly as possible. Goalkeepers substitute only when the ball is out of play and with the referee's consent.

5. Throw-ins: The ball must be returned to play from a throw-in. At the moment of delivering the ball, the thrower must face the field of play, must have part of each foot either on the touch line or on the ground outside the touch line, must use both hands, must deliver the ball from behind and over his head.

6. **Slide-tackling:** Slide tackling shall be considered unsporting behavior and will result in a direct free kick being given. Intentional slide tackling is subject to a yellow or red card.

- A. A slide tackle is an attempt to dispossess a player by deliberately leaving one's feet and sliding on the ground. This can include falling to one's knees. It is up to the discretion of the referee whether or not a player deliberately left their feet.

**Note:** It is not illegal to slide for a ball that is not in possession (for example, sliding near the back line to prevent a goal).

- 7. **Goals may** be scored from the defensive half or during kickoffs.
- 8. **No off-side rule.**
- 9. **Goalkeepers should have jerseys of a different color** from all outfield players and the opposing goalkeeper.
- 10. **Corner Kick:** Goals may be scored directly from a corner kick.

11. **Penalty Spot:** Penalty kick awarded when infringement takes place in penalty area. The penalty kick shall be approximately twice the distance of the goal width.

12. **Goal-kick:** The goalkeeper must return the ball to play with a "goal-kick." When a shot is taken on goal and it goes out of bounds, the ball is given to the goalkeeper who must restart the game by kicking it in. In this situation, the goalkeeper may not throw the ball to restart play.

13. When the goalkeeper kicks the ball, it **does not** have to bounce in his/her own half first.

14. **Back Pass to Goalkeepers:** Back passes to goalkeepers are permitted. When a player from the same team passes the ball back to their goalkeeper, the goalkeeper must use his feet only and can't use their hands. If a goalkeeper uses his/her hands to catch a pass back from one of their teammates, it results in an indirect kick from the top of the goal area. If the goalkeeper touches the ball with their hands outside the goal area, it results in a direct kick.

15. **When a goalkeeper makes a save,** they can distribute the ball by throwing it back in.

Punts and drop kicks are not permitted. If penalized, an indirect free kick will be awarded to the opposing team outside the penalty area.

16. **A referee may award a direct free kick** to the opponent if a player pushes an opponent with excessive force or in a manner that appears careless or reckless. A direct free kick, which allows the kicker to attempt to score a goal on the kick, is taken at the point of the foul. If a reckless or forceful push occurs in the penalty box, the referee can award a penalty kick.

17. **If a player denies** a player an obvious goal-scoring opportunity by foul means, whether deliberate or not, the referee shall award a penalty kick and the player may receive a red card.

## II. Team Regulations:

### Team Size:

- A. A maximum of 7 players are allowed on the field. To avoid a forfeit in a 7v7 league game, at least 5 (five) players must be on the field at game time.
- B. Each team must have a goalkeeper.
- C. The maximum game day roster size for a team is 20 players
- D. There is a 10-minute grace period before the scheduled start of a game before forfeit is applied. Five extra minutes may be added to the grace period with the consent of the referee, unless stated otherwise by a league administrator.
- E. A team that plays with a non-registered player will forfeit the match.

## III. Player Regulations:

1. Minimum age is 18 years old, NO EXCEPTIONS, 16 if parent is playing and present
2. All players must sign a league waiver and release forms in order to play.
3. If a player plays for a team who is on another team in our league (to avoid a forfeit), that team must play on the field with 1 less player that they are playing against.
4. Changes to team roster during the season are subject to review by league administration. Players may leave teams and be replaced with new players; A team may add players to its roster at any time to avoid a forfeit. For playoffs regarding 1<sup>st</sup> & 2<sup>nd</sup> places all players must have played in a minimum of 3 games during that season to be eligible for playoff games.

## IV. League Rules of Conduct:

1. Teams and spectators are expected to show good sportsmanship and act in a positive, friendly and sporting manner, showing respect for league officials, other players, and referees. This includes communication amongst team managers and league officials.
2. Team managers are expected to follow the League Code of Conduct and administer their teams in a manner that ensures the overall health of the league. Failure to do so may result in mandatory change of management or the team losing its spot in the league.
3. Smoking and alcohol are prohibited. Players under the influence of alcohol will be ejected from the field.
4. The league officials have the full power and discretion of imposing penalties on all violations of the League Code of Conduct. For violations not listed, penalty shall be decided at the discretion of the league officials.
5. The League reserves the absolute right to refuse participation to any participants on a

short-term or permanent basis due to unfit health status, including recent injuries and communicable diseases, for the benefit of the individual player and other participants.

6. If a referee makes a clearly-provable technical error in the application of the laws of the game, the League reserves the right to overturn the referees ruling without the participating teams consent. Notice will be provided to team captains should this occur. Because referees are in the best position to apply the laws of the game, the League will defer to the referee's discretion regarding errors based on opinion and such challenges will rarely be reviewed where there is no clear abuse of discretion.

#### **V. Disciplinary Procedures:**

1. A player receiving a Red Card is ejected from the game and his/her place may not be substituted.

2. Means by which a Player may receive a 1 match suspension, or be sent off the field:

- A. A red card for serious or dangerous violations may result in a one or more game suspension following the game the player is ejected from.
- B. Two yellow cards in one match will result in the offending player being sent off the field, the player being sent off may not be substituted; though that player may return to the next match which they are scheduled to play unless stated otherwise by the League administrator;
- C. Reckless mistakes that causes serious injury to other participants;
- D. Serious unsportsmanlike conduct that the League deems contrary to the spirit of the League rules or contrary to the facilitation of a safe environment for other participants;
- E. Failure to abide by the League Code of Conduct may result in suspension or banishment from the league.

3. Players appearing on a team roster who are under suspension must notify the referee before the beginning of the match. Suspended players must have an "Suspended" next to their name on the team roster. Suspended players may not enter the field of play.

4. Flagrant acts, violent conduct such as spitting, striking, or fighting with other players, league officials, or the referees (including threatening words or gestures), or repeated violations of the League Rules and Code of Conduct will not be tolerated and is subject to league administrative review, possible extended suspension, and possible banishment from the league. This applies to all League functions including meetings, events, pickup games, and practices.

5. Teams are responsible for sideline fans. If fans are causing trouble and refuse to leave at the request of the referee, the team is subject to forfeit.

6. Ejected players must leave the park facility before play continues. Failure to leave will result in their team's forfeit.

7. Players attending a game but not playing (due to injury or suspension) are subject to the

same disciplinary rules as if they were playing.

#### **VI. Team Status:**

1. A team's right to be in the league is at the discretion of league officials. A team may be removed from the league for the following reasons; included but not limited to:

- A. Multiple violations of the League Code of Conduct;
- B. Failure to pay league fees on time;
- C. Failure to submit proper registration documents;
- D. Forfeiting multiple games in a season;
- E. Any other reason deemed by league officials to ensure the overall health of the League.

#### **VII. The Competition:**

1. Each team will play every other team in its division at least once.
2. Regular Season Standings shall be determined as follows:
  - i. 3 points for win;
  - ii. 1 point for draw, or win by default as a result of a forfeit;
  - iii. 0 points for loss.
3. The score for forfeit games will be counted as 1-0.
4. Standings points may be subtracted due to penalties such as repeated violations of the League Rules and Code of Conduct.
5. The last week of the season will be playoffs, based on points. Top 2 teams will play each other for the Championship & Awards. All other teams will play each other based on "Standings".
6. Tie-breaking procedures:
  - i. 1st tie-breaker: Goal Differential, Capped (GDC);
  - ii. 2nd tie-breaker: Goals For (GF);
  - iii. 3rd tie-breaker: Goals Against (GA);
  - iv. 4th tie-breaker: head-to-head result.
7. Season Champions will be posted at thegrove.cc/sports web page.

**Note:** Rules subject to change any time, but notice will be provided whenever possible.