

The Fields Sports Complex 7v7 Tournament Rules:

All [IFAB Laws of The Game](#) are to be followed as normal with the following exceptions:

Game Duration: Games are 30 minutes long (Running clock, no halftime)

Substitutions: Subs are unlimited and may be made on the fly. The player being subbed off must be off the field before the substitute can enter the game.

Equipment: No jewelry is to be worn on the field. Players must wear shin guards. Soccer cleats (no metal studs), turf shoes and sneakers are permitted.

Free Kicks: All free kicks are indirect except penalty kicks. All free kicks must have 5 yards clearance.

Throw ins: There will be NO throw ins. If the ball is played out of bounds the restart will be a kick in. All kick ins are INDIRECT.

Goal Kick: The ball must bounce or touch a player within the defensive half of the field before crossing midfield when put back into play from a goal kick. If the ball does not bounce or touch a player within the defensive half of the field before crossing mid field, an indirect free kick will be given to the other team from midfield.

Goal Keepers: Keepers cannot punt or drop kick the ball. The keeper cannot throw or kick the ball past mid field without the ball bouncing or touching a player in the defensive half of the field.

Offside: There is no offside

Sliding: No sliding challenges. If a player makes a sliding challenge against an opponent, the restart will be an indirect free kick from the spot of the infraction. A yellow card may be issued to the player who made the sliding challenge if it is deemed reckless. If a sliding challenge occurs and the referee deems the challenge used excessive force or endangers the safety of the opponent, the referee may issue a red card.

If a player makes a sliding attempt to play the ball and there are no other players within playing distance of the ball, no infraction has occurred, and play can continue on without stoppage.

Field of Play: If the ball hits the lights, ceiling, nets, cables, or any overhead apparatus, an indirect kick in will be awarded to the other team at the closest touchline, even with the spot where the ball hit overhead.

No Spitting: No spitting

The Fields Sports Complex - Facility Rules

1. No food, including chewing gum and candy, shall be permitted in the field area.
2. No spitting.
3. We strictly enforce a zero-tolerance policy against foul and abusive behavior.
4. All spectators are required to remain on the bleacher-side of the field during all matches.
5. All players must complete and submit a [medical release waiver](#) in order to be eligible to participate in this league.