



RULES FOR 7 A-SIDE SOCCER

All games will be played in accordance with FIFA, Q.S.F., or L.S.L. rules and as modified by the following rules and regulations of the Soccer Pierrefonds 7-A-Side League.

COACHES' RESPONSIBILITIES

- a) Coaching 7-a-side soccer is to be a rewarding experience for both coaches and players alike. Sportsmanship is an integral part of soccer and the "Fair Play" motto of FIFA. To this end, coaches have a major responsibility to ensure that they, their players and their team's spectators respect the Laws of the Game and the league rules. Some of the more critical areas are discussed below.
- b) Spectators and coaches not allowed to be behind the goal lines or to run up and down the touchlines coaching. Spectators must be located on the side of the field opposite that of the teams at all times and at least two (2) metres from the touch line. Players and coaches must remain in their designated bench areas during the game.
- c) Coaches of both teams are jointly responsible for the security of all players, coaches, spectators, referees, and assistant referees, before, during and after the game.
- d) Only identified PSA/ASP officials, referees and players are permitted on the field or on the teams' side of the field at any time. A maximum of three (3) coaches/managers are permitted in the team's designated area. All players and caches/managers must all be listed on the game sheet. In the event of an injury requiring assistance, the referee must first approve the attendance of the coach on the field of play. Parents and spectators are not permitted on the field of play. A parent or a trained first-aid giver may be approved by the referee to provide medical attention. Failure to comply may result in the game being abandoned by the referee.
- e) Coaches are responsible for ensuring that the players that are participating in the game are checked by the referee.
- f) Smoking is not permitted at the players' bench at any given time before, during or after a game. Failure to comply will lead to sanctions from the league.

LATE ARRIVALS

If a team is unable to meet the minimum players 5 (five) &/or coaches 1 (one) requirements 15 (fifteen) minutes after the scheduled start time of the game, the game shall be forfeited to the opposing team. The referee may, at his/her discretion referee a fun game during the remaining time allocated for the game.

DURATION OF GAMES

U-09 & U-10	2 equal periods of 25 minutes
U-11	2 equal periods of 25 minutes

- a) Should the referee abandon a game for reasons other than weather, a report will be filed with the league.
- b) In the event that circumstances do not permit the playing of the full duration of a match, and when the referee has prior knowledge of such before the match commences, the referee has the power to shorten each half so as to make them equal and of sufficient duration to complete a legal game. In such situations, both coaches must be advised of the reason for the alteration in time and, as well, the new duration of the halves.
- c) In the event that the referee ends the first half before the end of its official time, the referee may after advising the opposing coaches of his decision:
 - i. Play the missing time before the start of half time, starting with a drop ball from the position where play ended or at center field.
 - ii. Play the second half equal in time to the first half, providing that the total time played equals the minimum time for an official game,
 - iii. Play the correct length of time for the second half providing that the total time played equals the minimum time for an official game,
 - iv. Coaches must not attempt to unduly influence the referee's decision.
- d) Should the game start after the scheduled start time, the referee will reduce the length of the halves accordingly so that the match ends 5 minutes prior to the start of the following match.



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COOLING-OFF PERIOD

Referees may, without prior warning, send a player off the field of play for a 5 (five) minute period if his/her conduct or type of play makes it necessary. Another eligible player may replace the player sent off on the field of play. The referee shall have the option not to administer a caution.

FIELD OF PLAY & EQUIPEMENT

- a) **FIELD OF PLAY:** fields must be in safe and playable condition at all times. The referee has the power to not start any game on a field considered to be unsafe or dangerous. All fields **MUST** be properly marked and equipped with goals with nets on opposite sides. All goals must be anchored and secured to the ground.
- b) **BALL:**
U09 - U11: size 4 circumference 25-26 inches (62-65 cm), Weight 12-14 ounces (330-390 grams).
All balls must be inflated to a pressure of 9-10.5 lbs. per square inch. Unstitched, vulcanised balls are not permitted. **COACHES MUST ENSURE THAT GAME BALLS ARE PROPERLY INFLATED.** The home team coach is responsible for providing the official league game ball. The referee may approach the visiting team for use of their ball if a suitable ball cannot be provided by the home team.
- c) **PLAYERS:**
 - i. All players must wear complete uniforms (jersey, short, socks) of the same colors provided their team. Goalkeepers must wear a jersey of a colour distinguishable from those of the other players of both teams and the referee and may wear shorts or pants. All players, including the goal keeper, must wear the jersey tucked in at all times. Team shirts must be numbered (with different numbers) on the back and must have un-rolled sleeves.
 - ii. Players may not switch numbers during the course of a game without permission from the referee. Under no circumstances may a player remove his/her shirt on the field of play.
 - iii. Shin guards are mandatory in accordance with FIFA regulations and must be covered at all times during the game.
 - iv. FIFA approved headgear may be worn.

GAME RULES

- a) On the taking of a corner kick or any free kick, no member of the opposing team should be closer than 6 meters to the ball. Referee must ensure that this distance is respected.
- b) On the taking of a goal kick all opponents must be outside the penalty area and not less than 6 meters from the ball until it has been kicked into play. Referee must ensure that this distance is respected.
- c) **Fouls and Misconducts – *FIFA rules will prevail for all direct & indirect kicks***
 - i. If a **MAJOR** infraction is committed inside the penalty area by the defending team a **PENALTY KICK** will be awarded to the attacking team;
 - ii. If a **MAJOR** infraction is committed by the attacking team inside the penalty area, a **DIRECT FREE KICK** will be awarded to the defending team. The ball will be positioned anywhere inside the penalty area.
 - iii. If a **MINOR** infraction is committed by the defending team inside the penalty area, an **INDIRECT FREE KICK** will be awarded to the attacking team. The ball will be positioned at the edge of the penalty area, that runs parallel to the goal line – parallel to where the infraction occurred.
 - iv. If a **MINOR** infraction is committed by the attacking team inside the penalty area, an **INDIRECT FREE KICK** is awarded to the defending team. The ball will be placed anywhere inside the penalty area.
- d) When restarting the game with a drop-ball within the penalty area, the referee shall drop the ball at the edge of the penalty area, on that part of the penalty area line that runs parallel to the goal line, at the point nearest to where the ball was when play was stopped.
- e) No offside rules will apply for 7-a-side soccer.
- f) The “pass-back” rule will be applied to all 7-a-side games. This only applies to balls passed to the goalkeeper directly from a deliberate foot pass or a throw-in from one of his/her own players.
- g) Players will be only allowed to have 2 attempts at throw-ins.
- h) **SUBJECT TO THE PRIOR PERMISSION OF THE REFEREE**, unlimited substitutions may be made as follows:



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- At throw ins (substitution may be made by the team taking the throw in and ONLY if they make substitutions, may their opponent also substitute);
- after a goal;
- prior to a goal kick;
- at half time;
- when play has been stopped because of an injury (only the injured player may be substituted)

REFEREES

Referees shall be assigned by the referee assignor for Pierrefonds.

- a) Referees must complete and send an official report to the Referee-in-Chief if there are any ejections or major problems in their game.
- b) The following qualifications are recommended for referees at the 7-a-side level:
 - the referee should be at least 15 years old
 - the referee should be qualified through a PSA/ASP training program and be certified at the 7-a-side level.
- c) If the appointed referee fails to appear, the coaches themselves must assume the responsibilities of the referee. The coaches must check the players of the other team. They must sign each other's game sheets indicating the absence of the referee before the start of the game. The coaches themselves must each referee one half of the game, with the home team coach refereeing the first half of the game. A designated adult or alternate referee may be selected with the agreement of both coaches who must both indicate their agreement on the official League game sheet prior to the start of the game. The home team coach is responsible for ensuring that the game sheets are filled in with all pertinent information and he/she must send in the game sheets.

AUTOMATIC LEAGUE SANCTIONS

- a) When a player accumulates 2 cautions in one (1) game, he/she is automatically suspended for the next game. Additional sanctions may be applied if the cautions are a result of misbehaviour.
- b) When a player is expelled from a game (red card), he/she is automatically suspended for the next game. Additional sanctions may be applied if the expulsion is a result of misbehaviour.
- c) When a player accumulates a total of 4 separate cautions during the season, he/she is automatically suspended for the next game.
- d) When a player accumulates 2 more separate cautions (a total of 6) during the season, he/she is automatically suspended for the next two games.
- e) When a player accumulates 2 more separate cautions (a total of 8) during the season, he/she is automatically suspended for the next three games.

REFEREES RESPONSIBILITIES

- a) The referee shall ensure that all players are wearing approved footwear, shin guards and uniforms and are not wearing objects that could cause injuries (e.g. watches, earrings, bracelets, rings, knotted headbands, etc...).
- b) The referee shall check the game sheet and players at least 15 minutes prior to the start of the game but no later than the start of the second half. The referee shall clearly mark players in attendance and make sure that at half time all players not participating in the game MUST be crossed off. After the game the referee must indicate the exact start time, players who scored goals, all cautions and ejections issued and enter the final score.
- c) The referee will not start a game if there are fewer than the minimum number of players and coaches/monitors present.
- d) The referee shall be responsible for the conduct of the game in accordance with FIFA rules as modified by the rules and regulations of the League.
- e) Referees are empowered to interrupt and/or stop any game if it is deemed necessary for reasons including, but not limited to, the surrounding elements, continuous interference by coaches and/or spectators, and any other abusive behaviour or reason which makes it impossible for the referee to objectively continue the game in a safe and secure manner. The referee must send a detailed report to the Referee-in-Chief.



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- f) Referees will administer cautions and ejections in accordance with the laws of the game and will forward a written report for all ejections to the Referee-in-Chief within 72 hours of the game.
- g) The referee must keep the official time of the game and will determine the end of each half of the game.
- h) The referee shall report to the Referee-in-Chief within 72 hours of the game, any violation of the rules of the game by a player, coach or any other abnormal incidents such as a direct interference and threats made by players, coaches or spectators.
- i) The referee may ask the coach of each team to provide an adult to act as a linesman, and the referee shall instruct them on the procedure to be followed. These volunteer linesmen may only call the ball out of play. The referee reserves the right to conduct the game without any assistants.
- j) Team Handshake Exchange: the referee will oversee, allow or disallow the end of game team handshake exchange.

LAW XII FOULS & MISCONDUCTS

MAJOR OFFENCE:

Breach with the hands:

- handling the ball (deliberately playing the ball with the hand or the arm); except the goalkeeper
- pushing an opponent;
- holding an opponent;
- striking (or attempting to strike) an opponent;
- spitting at an opponent.

Breach with the feet:

- kicking (or attempting to kick) an opponent;
- tripping (or attempting to trip) an opponent;
- tackling an opponent (making contact with the opponent before touching the ball);

Body breach:

- jumping at an opponent;
- violently (or dangerously) charging an opponent.

MINOR OFFENCE:

- dangerous play judged by the referee;
- charging (shoulder to shoulder) while the ball is not in playing distance;
- obstructing a player without playing the ball;
- obstructing a player when the ball is not within playing distance;
- charging the goalkeeper.

Being a goalkeeper inside his/her own penalty area:

- deliberately wastes time or delays the play to benefit his team;
- takes more than six seconds while controlling the ball with his hands before releasing it from his possession
- touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate.
- touches the ball again with his hands after it has been released from his possession and has not touched any other player
- touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate



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A player will be given a yellow card (caution) for:

- misconduct or breach of sportsmanship;
- verbalizing or using gestures to signify his/her disapproval;
- persistently breaching the rules and regulations of the game;
- delaying the restart of the game;
- not respecting the required distance on the taking of a corner kick or a free kick;
- entering or re-entering the field without prior authorization from the referee;
- deliberately leaving the field without prior authorization from the referee.

A player will be given a red card (ejection from the game) for:

- serious foul play;
- violent behavior;
- spitting on an opponent or any other person;
- a defender deliberately preventing a goal or an obvious goal by touching the ball with his/her hand (this rule does not apply to the goalkeeper in his/her penalty area);
- committing an offense punishable by a free kick or penalty kick in order to prevent a player from scoring a goal; 'an obvious goal scoring opportunity'.
- Using coarse, vulgar or abusive language;
- receiving a second warning (yellow card).

Note:

- Only players are eligible to receive yellow and red cards. Coaches may also be sent off under Law 5 (see enclosed description of the power of the referee) which states: "takes action against team officials who fail to conduct themselves in a responsible manner and may, at his discretion, expel them from the field of play and its immediate surrounds".



LAW 5: The Referee

The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed. (The authority of the referee commences when he/she arrives at the field of play and extends through until the referee leaves the field and park area.)

Powers and Duties

The Referee:

- enforces the Laws of the Game;
- controls the match in co-operation with the assistant referees and, where applicable, with the fourth official;
- ensures that any ball used meets the requirements of Law 2;
- ensures that the players' equipment meets the requirements of Law 4;
- acts as timekeeper and keeps a record of the match;
- stops, suspends or terminates the match, at his discretion, for any infringements of the Laws;
- stops, suspends or terminates the match because of outside interference of any kind;
- stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play. An injured player may only return to the field of play after the match has restarted;
- allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured;
- ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped;
- allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalizes the original offence if the anticipated advantage does not ensue at that time;
- punishes the more serious offence when a player commits more than one offence at the same time;
- takes disciplinary action against players guilty of cautionable and sending-off offences. He is not obliged to take this action immediately but must do so when the ball next goes out of play;
- takes action against team officials who fail to conduct themselves in a responsible manner and may, at his discretion, expel them from the field of play and its immediate surrounds;
- acts on the advice of assistant referees regarding incidents that he has not seen;
- ensures that no unauthorized persons enter the field of play;
- restarts the match after it has been stopped;
- provides the appropriate authorities with a match report, which includes information on any disciplinary action taken against players, and/or team officials and any other incidents that occurred before, during or after the match.

Decisions of the Referee

The decisions of the referee regarding facts connected with play are final.

The referee may only change a decision on realizing that it is incorrect or, at his discretion, on the advice of an assistant referee, provided that he has not restarted play.