



Rules of Play 7v7

DC SCORES plays the game of soccer according to the laws of the Fédération Internationale Football Association (FIFA) and United States Soccer Federation (USSF) laws of the game with the following modifications below.

Conduct:

DC SCORES expects that all participants, student-athletes, coaches, referees, and fans will be courteous and respectful to each other at all times. Soccer is a contact sport, and games will generate competition. Rather than perpetuate a negative competitiveness in our league, DC SCORES' goal is to maintain a healthy state of competition, which encourages all program participants to conduct themselves in a sportsman-like manner.

School Teams:

Players must be enrolled in 5th-8th grade at the school. During a game, a team consists of seven players and a goalie. At least six players must be on the field at all times in order for a game to be played. Both teams should play with a matching number of players. A team without enough players to participate in a game will receive a forfeit for that game.

Length of the Games:

Each game consists of two 30-minute halves, and a five-minute halftime. In the event of a late start, playing time will be adjusted accordingly to ensure the game finishes at the scheduled time.

Kickoff:

The referee and both team captains stand in the center of the field five minutes before the game. The referee will perform a coin toss with the away team choosing heads or tails. The team captain who wins the coin toss chooses either 1) which goal his/her team will defend in the first half or 2) which team will take the kick-off. In the second half of the match the teams change ends and attack the opposite goal.

Once the two teams line up on their side of the field, the kickoff is taken from the center circle. All players on the opposing team must stand outside of the circle and behind the center line on their side of the field until the ball moves forward.

Once the referee blows the whistle, the ball must be passed over the half line to another player. **The ball may not be passed back.** An improper kickoff may be redone. The ball cannot be kicked directly into the goal on a kick off; another player on either team must touch the ball first.

Substitutions:

Unlimited substitutions are permitted during any stoppage of play. **The referee must approve the substitution if it involves a player entering or leaving the field.** The goalie also may be substituted any time, again needing approval if the substitution involves a player entering or leaving the field.

Out of Play:

The ball is out of play when the ENTIRE BALL has crossed over the goal line or touchline.

Dropped Ball:

A dropped ball is a way of restarting the match after a temporary stoppage, which becomes necessary, while the ball is in play, for any reason not mentioned in these rules.

Goalies:

Goalies may use their hands only within the penalty box (18-yard box). If they use their hands outside the box, it is penalized as a regular handball. Goalies must wear a distinct color jersey, which clearly differentiates them from their teammates and the opposing team. ONCE THE GOALIE HAS POSSESSION OF THE BALL, THE OPPOSING TEAM MAY NOT, IN ANY WAY, ATTEMPT TO REGAIN POSSESSION.

Punting:

**Do to the small dimensions of the fields; punting of the ball is prohibited.
The goalie may only roll or throw the ball out.**

Offside:

There will not be offside's in the 7 v 7 leagues, but a loose "cherry picking" rule will be in effect. "Cherry picking" is defined as standing in a position which is at least five yards past the last defender while not actively part of the play.

Personal Fouls:

Players may bump each other with their upper bodies (arms at sides) or hips. When arms come away from the body and are used to push or hold, an indirect kick is awarded. Players who continue to foul excessively will receive a yellow card. If a player continues to foul excessively, then that player will win a red card and be ejected from the game. The coach may not replace the ejected player with another player from his or her team. Any player issued a "Red Card" and sent off the field by the referee is automatically suspended for the following scheduled game. In addition, both coaches must report the issuance of a "Red Card" to the Athletic Department the following weekday with the name(s) and number of the offender(s). Any player who has been frequently cautioned by the referee is also subject to suspension by the DC SCORES Athletic Department.

Throw-ins:

A throw in is awarded when the ENTIRE BALL has crossed over the goal line or touchline. The ball is thrown in at the point that it went out of bounds. The thrower must have part of each foot either on the touchline or on the ground outside the touchline. BOTH FEET MUST REMAIN ON THE GROUND. The ball must be thrown directly overhead with both hands. The throw must originate with both hands fully behind the player's head. The thrower may not touch the ball again until it has touched another player. The ball is in play immediately upon it entering the field of play.

Handling - "Hand-Balls":

The referee will penalize intentional handballs by granting a direct free kick to the opposing team. Unintentional handballs are not called. An intentional handball is defined as the hand playing the ball. An unintentional handball is defined as the ball playing the hand. **Any intentional handball in the penalty box will result in a direct penalty kick and possible caution card.**

Free Kicks:

Direct penalty kicks are awarded against a team for intentional handballs or flagrant fouls that occur inside the penalty box. The referee will put the ball 12 yards from the goal or on the penalty mark. Any player on the awarded team may kick the ball. Only the player taking the penalty shot and the goalkeeper are allowed inside the penalty box during the kick. The goalie must remain ON the goal line; he or she may move side to side but NEVER off of the goal line. Once the ball is kicked, any player besides the kicker on either team may enter the penalty box to play a rebound.

Indirect kicks are awarded for any penalty, which occurs outside the penalty box. Once kicked, the ball must touch another player before going into the goal for a score. Defenders must stand 8 yards away. **All free kicks are indirect, except for direct penalty kicks listed above.**

Goal Kick:

A goal kick is awarded to the defensive team when the offensive team kicks the ball out of bounds over the goal line, outside of the goalposts. The kick is taken from inside the six-yard box (the small box around the goal on the field). The kicker may place the ball ANYWHERE inside the six-yard box to take the kick,

although it is recommended that the ball be placed in the top corner of the box on the side that the ball went out-of-bounds. **The ball is not in play until it completely clears the penalty area.**

Corner Kick:

When the defensive team kicks the ball out of bounds over their goal line, outside of the goalposts, the offensive team is awarded a corner kick. The kick is a direct kick that is taken from the corner of the field, on same side that the ball went out of bounds. Defenders must stand at least 8 yards away.

Overtime:

No overtime or tie-breakers are played in regular season games. During the **playoffs**, in the event of a tie at the end of regulation time, the outcome of a game is decided by penalty kicks. Each team is to take five penalty kicks. After five penalty kicks, the team with the most goals wins. If the score is still tied after five, penalty kicks continue until a team goes up by one goal.

Sideline Procedure:

1. The "home team" and the "away team" must take the same side of the field on game day. The "home team" has the choice of what side the teams will be on. All parents and other spectators are to be on the opposite side of the field away from all players and coaches. Spectators shall not stand behind goals at any time. **At no time should any parents or spectators be on the same sideline as the student-athletes.**
2. It is the home team's responsibility to ensure that all spectators are in the appropriate location.
3. If there is only one adult able to make it to the game the DC SCORES office needs to be notified so we can find some support for you.
4. Coaches are responsible for controlling their own spectators and players. If you notice that one of your players is playing to aggressive or is using profane language it is your responsibility to hold those players accountable even if it hasn't been brought to the referee's attention.
5. If any opposing player needs to use they restroom, the must be escorted by an adult.

Equipment/ Uniform:

Each child must wear a complete uniform for all games including jersey, athletic shorts or pants (no jeans), shin guards, socks, and cleats or sneakers (no boots or sandals). Any child who does not have one of the following items on any given game day will not be able to participate. **THERE ARE NO EXCEPTIONS.** All jewelry should be taken of before the game. Players will not be allowed to enter the field of play wearing any form of jewelry.

Injury Report:

When a player is injured it is the responsibility of the coach to fill out an Accident/Injury Report and to return it to the DC SCORES office the following day.

Weather:

In the event of inclement weather the DC SCORES office will notify the schools main office of any cancellations by 1pm on game day.

Referees:

All coaches, players and adult spectators must recognize the referee as the sole authority over the game. Maintaining respect for the referees is of vital importance to positive competition. Behavior, which falls below this standard of respect and interferes with the referee's ability to officiate, will not be tolerated. If the assigned referee fails to appear within ten minutes after scheduled game time, the teams may appoint a substitute referee by mutual agreement. Such appointment of a substitute referee shall be binding for the game. Should the assigned referee appear after a substitute has been assigned, the teams may allow him to officiate the game.

Sportsmanship:

Sportsmanship definition: A person who can take a loss or defeat without complaint or victory without gloating, and who treats his/her opponents with fairness, courtesy and respect.

Good sportsmanship may be difficult to teach. It requires that you *think of other players, not just yourself*. DC SCORES teaches the values of good sportsmanship; it is a primary goal of SCORES. Good sportsmanship is displayed not just on the soccer field, but throughout the program and hopefully throughout our poet-athletes' lives.

Guidelines:

- **If no referee is present at your game site, each coach will call in to the office sportsmanship points for the opposing boys and girls teams.** If a referee is present, then he or she will fill out sportsmanship cards and the coaches will not evaluate the opposing team.
- There are three sportsmanship categories: players, coaches, and parents/spectators. Please note that the maximum sportsmanship points for each category are different. There are 5 points for the players, 3 points for the coaches, and 2 points for the parents/spectators.
- The **maximum** amount of sportsmanship points **per game is 10**. Since there are 7 games, the **maximum** number of total points a team can receive **this season is 70**.
- **Any team that does not earn 58 out of 70 points will not be eligible for the playoffs!**
- Sportsmanship points should be called in to Kenny or Sean at the office by the following Monday. **If a coach fails to turn in the sportsmanship cards for the previous week's games by the following Monday, then his/her team will lose one point from his/her team's total sportsmanship points.**

Good Sportsmanship Includes:

- ♣ Helping a fellow player or opponent off of the ground after a tough fall or tackle
- ♣ Accepting a referee's call on the field without dissent
- ♣ Respecting the coach's decision to substitute players
- ♣ Making positive comments about your teammates play
- ♣ Lining up with your teammates to shake hands at the end of a game
- ♣ Accepting defeat with dignity

Some examples of poor sportsmanship are:

- ♣ Fighting on the field between teammates or opponents
- ♣ Arguing the referee's calls
- ♣ Using foul language on the field
- ♣ Harassing other players from the sidelines or on the field
- ♣ Shouting at a coach, other players or the referee
- ♣ Rejecting defeat with complaints and claims of cheating

Coaches: Encourage Fair Play!!

- ♣ Be accepting of the referee's decisions and remain clam.
- ♣ Refrain from making loud or inappropriate remarks. Be a role model for fair play.
- ♣ Concentrate on coaching rather than the accuracy of the referee's decisions.
- ♣ Know and follow all rules and policies. Referee games fairly and without bias.
- ♣ Set high sportsmanship standards for yourself and expect the same from your kids, parents, and school community.