

Soccer Rule Interpretations Seven-a-Side

Page: Page 1 of 7

Updated: 10/15/20

Replaces: 3/25/20



SECTION A - GENERAL RULES

- A-1.** In cases not covered by these interpretations, FIFA (Federation International Football Association) rules will govern. Rules can be downloaded at www.fifa.com.
- A-2.** The Games Rules Committee will make all final decisions.
- A-3.** At all times athletes are expected to compete to the best of their ability to ensure a quality competition at all levels. Coaches are expected to provide accurate/honest scores of their athlete's ability.
- A-4.** The following process will be used for all Special Olympics Illinois round robin tournaments:
 - a. The team with the best record at the end of competition will receive first place.
 - b. If all teams have the same record (one win-one loss), places of finish will be determined by the point differential in the games played.
 - c. If the point differential is the same, places of finish will be determined by the total points scored by each team during the tournament (highest scoring team receives first place).
 - d. If the total points are the same, places of finish will be determined by the penalty kick percentage in the games played during the tournament.
- A-5.** In tournament play, the game will be forfeited if a team fails to report on the field, ready to play within ten (10) minutes of the scheduled game time
- A-6.** Soccer - The score of a forfeited game is 1-0 if the game has not started. If the forfeit happens before the first half is completed and the leading team is forfeited to, the score stands. If the losing team is forfeited to the score is 1-0. If the forfeit takes place in the second half the score is based on the score at half time. If the team leading at half is forfeited to, the half time score stands. If the team losing at half is awarded the forfeit, the score is 1-0.
- A-7.** Athletes in team competition must qualify from a Region Qualifier to attend the State Summer Games. Teams must submit an Intent to Play, Team Rating Form and 3 game summary sheet prior to the qualifier. Athletes competing in Individual Skills competition must receive a gold medal from an Area Qualifier to attend the State Summer Games. See Criteria for Advancement for specific requirements for advancement.
- A-8.** Athletes can participate in either team competition or individual skills competition. NOT BOTH.

Soccer Rule Interpretations Seven-a-Side

Page: Page 2 of 7

Updated: 10/15/20

Replaces: 3/25/20



SECTION B - TEAM AND PLAYERS

- B-1.** The game is played between two teams, each consisting of seven players, one of whom shall be the goalkeeper. A minimum of five players shall be on the field at any one time. Teams must start the game with five players. One player on each team will be the goal keeper.
- B-2.** Teams may substitute as many players as they wish during any stoppage of play. The coach must signal the referee or linesman in order to make a substitution. A substituted player can only come on to the field when given a signal by the referee and must do so at midfield.
- B-3.** The maximum roster allowed is 15 players and the minimum number of players is 7.
- B-4.** If a player is disqualified from playing during a game, the team may substitute for the player.
- B-5.** No players may be added to or replaced on the roster after the Team Rating Form (TRF) is submitted. All team members must be listed on the team roster.

SECTION C - UNIFORMS AND EQUIPMENT

- C-1.** No advertising or sponsorship is allowed to be worn on competition uniforms or warm-ups. Athletes will not be allowed to wear jewelry or awards during competition. No jeans, jean shorts or street shoes will be allowed to be worn during the competition. Athletes will be expected to dress appropriately for the weather and competition. Athletes not in the proper attire will be disqualified.
- C-2.** All players will wear uniforms.
 - a. A uniform will consist of a shirt with the number on the back.
 - b. Shorts or sweat pants.
 - c. Shin guards and calf high socks are required. Calf high socks must fit completely cover the shin guards. A player will not be allowed to play unless he or she has shin guards or proper socks over and covering shin guards.
 - d. Soccer shoes having soft and yielding cleats or studs are permitted only outdoors. Sneakers or tennis type shoes are permitted indoors and out. No metal studs are allowed.
 - e. The goalkeeper may wear soccer goalkeeper gloves.
- C-3.** Uniforms should be kept simple; opposing teams should wear different colors. All team members must wear the same color uniform with the exception of the goalkeeper. The goalkeeper's shirt must be a significantly different color and design than any player on either team.

Soccer Rule Interpretations Seven-a-Side

Page: Page 3 of 7

Updated: 10/15/20

Replaces: 3/25/20



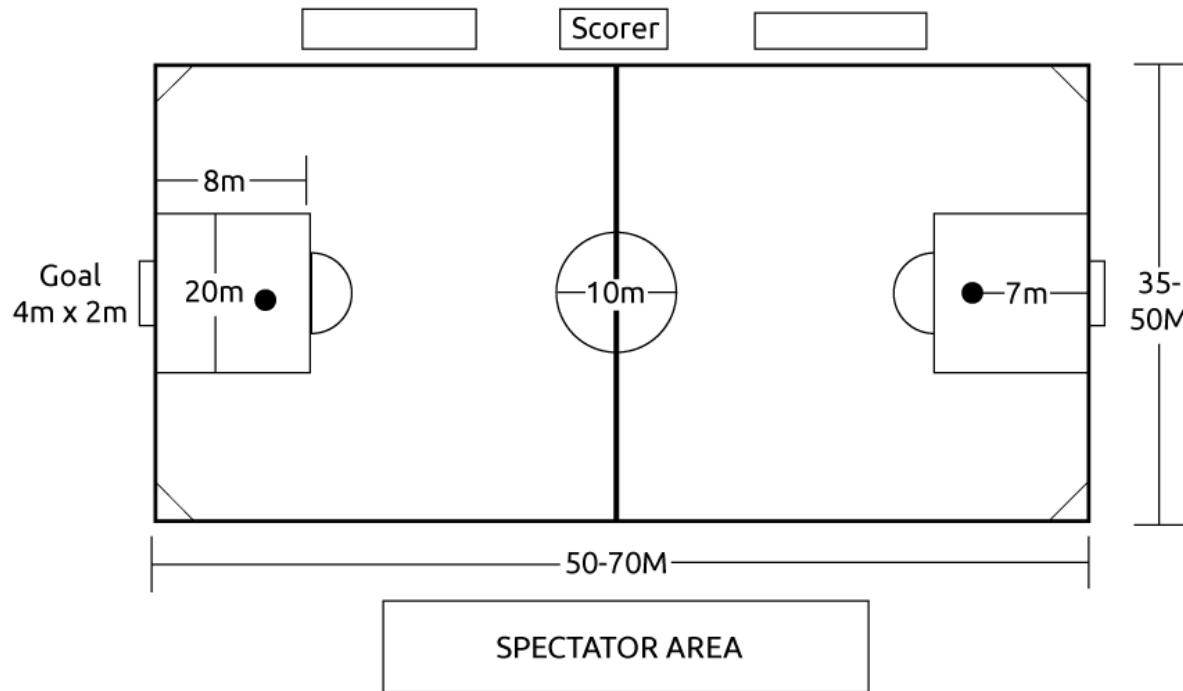
SECTION D - REFEREES

- D-1.** One or two referees will be appointed to officiate in each game. Referees are charged with keeping official time on the field unless otherwise agreed upon by both coaches. Referees control the game and all the decisions associated with the game that influence the play of the game.

SECTION E - LINESMAN

- E-1.** Linesmen are optional but recommended. Two per match, one along each sideline, is ideal to assist the referees in awarding kick ins, corner kicks, and throw-outs.

SECTION F - FIELD OF PLAY



- F-1.** The field of play will be rectangular and marked with distinct boundary lines. The minimum size will be 50 x 35 meters. Maximum size will be 70 x 50 meters.
- F-2.** The field will have a mid-field line equidistant from each end line.
- F-3.** The goal area shall be 8 meters by 20 meters.
- F-4.** Both goals will be of equal size. Recommended 2 x 4 meters.
- F-5.** The coach(s) for each team must remain in their respective team bench area during play.

Soccer Rule Interpretations Seven-a-Side

Page: Page 4 of 7

Updated: 10/15/20

Replaces: 3/25/20



SECTION G - THE BALL

- G-1.** The ball will be a regulation size #5 soccer ball for Male Senior Teams. Junior teams will use #4 soccer ball.

SECTION H - DURATION OF THE GAME

- H-1.** The duration of the game shall be two equal periods of twenty minutes with a halftime interval of five minutes. The referee should be responsible for keeping the playing time. A running clock will be used. Note: If conditions warrant, a referee can call a water break in each half.
- H-2.** In case of a tie at the end of regulation play during a tournament, teams will play two 5 minute overtime periods. In the overtime period you play the entire period. No sudden death. Ties during regular season play are considered final.
- H-3.** During tournament play, if the game is still tied after the overtime periods, penalty-kicks will be used to decide the game.
- a. Only players on the field at the end of the second period of extra time can be used.
 - b. Each coach must select the order in which the players will take the penalty kick. If a team finishes with less than five players, the team will take the penalty kicks in the established sequence using only the remaining players on the field.
 - c. Each player takes a penalty kick, alternating teams with each shot.
 - d. The highest score after five penalty kicks is declared the winner.
 - e. If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order using the same players in the same order until one team has scored a goal more than the other from the same number of kicks.

SECTION I - THE START OF PLAY

- I-1.** Each team will designate a captain or co captains who will be identified by a colored arm band (optional but recommended).
- I-2.** To start play, team captains will meet with the referee for a coin toss. The visiting team will call the toss. The captain who wins the toss decides which goal his/her team will attack in the first half of the match. The other team takes the kick off to start the match. The team which wins the toss takes the kickoff to start the second half of the match.
- I-3.** General kickoff procedures.
- a. The ball is placed in the center of the field.
 - b. A player kicks the ball forward:

Soccer Rule Interpretations Seven-a-Side

Page: Page 5 of 7

Updated: 10/15/20

Replaces: 3/25/20



- All the members of the attacking team must be on the side of the center line which is nearest the goal which they are defending prior to kick off.
- All the members of the defending team must be on the side of the center line which is nearest the goal which they are defending and at least 5 meters from the ball.
- If the ball does not go forward on the player's initial kick, the kickoff is repeated until it does. Possession does not change.

- I-4.** Kickoffs also occur after goals are scored. (Team which has been scored against kicks off.)
- I-5.** Beginning of the second half Kickoff occurs as explained above. Teams switch goals and the team which did not kick off to start the game will kick off.
- I-6.** Overtime Periods Kickoff occurs exactly the same as the start of play (with a coin toss, etc.). The second overtime is started with a kickoff by the team which did not kick off the first overtime period.
- I-7.** All kickoffs are direct free kicks. A ball must be kicked forward from the center spot before being touched by another player. A goal can be scored directly from a kickoff.

SECTION J - BALL IN AND OUT OF PLAY

- J-1.** The ball is out of play when the entire ball crosses the goal line, sideline, or end line whether on the ground or in the air.
- J-2.** Player may be out of bounds to play ball which is in bounds.
- J-3.** In the event that a ball is directed out of bounds over the touch line, the opposing team of the team who directed the ball out of bounds will be awarded possession of the ball. The ball will be put back into play by an indirect free kick by a member of the team which has been awarded possession of the ball at the location the ball went out of bounds

SECTION K - METHOD OF SCORING

- K-1.** A goal is scored when the entire ball goes over the goal line between goal posts and under the cross bar.
- K-2.** If a ball passes over the goal line, as stated in K-1, while in possession of the goal keeper, a goal is still scored.

SECTION L - OFF SIDE

- L-1.** There are no offside in seven a side soccer.

Soccer Rule Interpretations Seven-a-Side

Page: Page 6 of 7

Updated: 10/15/20

Replaces: 3/25/20



SECTION M - FOULS AND MISCONDUCT

M-1. FIFA rules apply to fouls and misconduct.

- Tripping, pushing, handball or charging result in a direct free kick.
- Obstruction or dangerous play results in an indirect free kick.

M-2. If a player is expelled from the game (receives two yellow cards or a red card), this player may not re-enter the game. His team must play a player down for two minutes unless a goal is scored before the two minutes have elapsed. In this case, the following shall apply:

- If there are seven players against six players and the team with the larger number scores a goal, the team with six players may be completed.
- If both teams are playing with six players and a goal is scored, both teams may be completed.
- If there are seven players playing against six or five, and the team with the larger number scores a goal, the team with six or five players may be increased by one more player only.
- If both teams are playing with five players and a goal is scored, both teams may add one more player.
- If the team scoring the goal is the one with fewer players, the game shall continue without changing the number of players.

M-3. Defenders will remain no closer than 5 meters from the ball in all directions during the taking of any free kick by the opponent.

M-4. When an indirect free kick is awarded to the attacking team inside the penalty area, within 5 meters from the goal line, the referee must place the ball at five meters from the goal line.

M-5. A player or coach that receives two yellow cards will be suspended for the remainder of that match. A player or coach that receives a red card will be suspended from the remainder of that match and for the following match.

SECTION N - PENALTY KICK

N-1. A penalty kick is awarded to a team when a defender intentionally commits a major offense against an opponent in the penalty area. The penalty kick is taken from the penalty spot 7 meters directly in front of the goal. All players except the designated kicker and goalkeeper must stay outside the penalty area and restraining area.

SECTION O - CORNER KICK

O-1. A corner kick occurs when the entire ball goes over the goal line when a goal is not scored and was last touched by a member of the defending team.

O-2. The corner kick is taken by a member of the offensive team from the corner flag nearest to spot ball crossed goal line. Defenders must retreat at least 5 meters from the ball.



O-3. A goal may be scored directly from a corner kick.

SECTION P - GOALKEEPER CLEARANCE (THROW OUT)

- P-1.** When the ball passes over the goal-line (not in the goal), having last been played by an attacking player, the goalkeeper, standing within his own penalty area, will throw the ball back into play, beyond his own penalty area but not further than the halfway line (i.e. the ball must touch the ground or another player before crossing the halfway line). The ball will be deemed in play as soon as it has passed outside the penalty area. A goal may be scored directly from a goal throw out.
- P-2.** On taking possession of the ball with her/his hands, the goalkeeper shall distribute the ball by throwing, or may release the ball from her/his hands and play the ball consistent in manner as any field player. Upon releasing the ball into play, the goalkeeper cannot again touch the ball with her/his hands until the ball has been touched or played by an opponent.
- P-3.** If the goalkeeper throws the ball over the midfield line without the ball first touching either a player or the ground, an IFK shall be awarded the opposing team, and the restart location shall be the center kickoff mark.
- P-4.** If the goalkeeper punts the ball, the penalty of an indirect free kick will be awarded. The restart location for the indirect free kick will be at the top of the restraining arc.