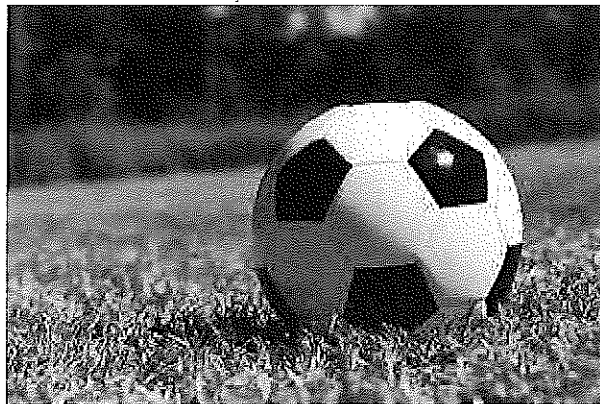


# Park District of Oak Park Spring/Summer 2016 7 on 7 Soccer Manual

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## **PARK DISTRICT OF OAK PARK 7v7 LEAGUE RULES**

The Park District of Oak Park soccer league rules follow FIFA Laws of the Game, with the exceptions of the following in-house league rule modifications:

**Field:** 7v7 field size is modified to 70 X 50 yards.

### **Game Duration:**

7v7 Leagues – Two 24-minute halves, plus 2-3 minute halftime.

Halftimes may be shortened in the interest of time constraints at the discretion of referee when trying to stay on time for the next match. Games not starting as scheduled as a result of team delay will still end at the scheduled time (minutes deducted from match) in order that the next game starts as scheduled.

Weather Related – We should not have rain outs at Ridgeland Commons. For extremely heavy torrential downpours, we may delay games to wait for it to subside. We also will honor lightning delays when lightning is in the area. Players should seek shelter in cars if necessary. Players may call the Park District of Oak Park Weather Hotline for updated information at 708-725-2720 option 1.

### **Site Consideration**

- \*Steel tipped spikes are not allowed.
- \*No outside food or beverages are allowed in the stadium.
- \*No glass bottles/containers are allowed.
- \*No seeds with shells
- \*No gum. Upon arrival, please discard into a trash can, not onto the field.
- \*No pets are allowed on the grounds.
- \*Facilities are designated as smoke free environments.
- \*No liquor or alcoholic beverages.
- \*Players are expected to leave the facility in the same condition as it was found.

### **Forfeits:**

If a team does not show for their game, the result will be a 3-0 loss on the team's record. The team that shows may still use the field for their game duration. With 7v7 team rosters capable of carrying 14 players, teams should rarely if ever be unable to field at least the minimum number of 5 players, so teams must have minimum player representation at each game in order to avoid a forfeit. A team will forfeit if they do not have the minimum number of players.

If there are not enough players at the scheduled kick off time, the team has up to 5 minutes to wait for more players to show. If after those 5 minutes a team still cannot be formed, the opponent will earn the forfeit win 3-0.

## **ROSTERS, NUMBER OF PLAYERS, SUBSTITUTIONS**

### **Rosters:**

Team managers are responsible for roster management and have the ability to request players to join their team, and drop players from their roster. All captains are responsible to complete a team player waiver form.

**Minimum and Maximum # of Players on a Roster:** Minimum 10 Players / Maximum 14 Players.

Rosters should be complete by the 2nd game of the season with the minimum 10 players. If the roster has only 10 players by the second game, then the 11-14 players may be added up to the start of fourth game. At start of fourth game, the roster is locked through remainder of season. In the event a player is injured during the season, that player may be replaced by a new player at any time throughout the season.

Two (2) females are required in field of play at all times in a COED division of play. The goalkeeper may count as one of these two. In the event of only one female player is available for a team at any given time of match, the team may play a player down. Five (5) players are required for each team for a match to start and finish. If the female number for a team is less than 2 at start of match, the game will be awarded as a forfeit victory to opposing team. Teams may elect to play a friendly game after the match has been declared a forfeit. Friendly games will not be officiated.

### **Substitutions:**

1. Either team may substitute during a kick off from the center mark and a goal kick.
2. During throw-ins, the team in possession can substitute. If that team elects to substitute, the opposing team may also substitute. Teams can substitute as many players as they wish.
3. If an injured player is substituted, then the opposing team may substitute one player.
4. Neither team can substitute on a corner kick.

## **SCORING, STANDINGS**

To check out season schedules, standings and league information please log on to [www.quickscores.com/oakpark](http://www.quickscores.com/oakpark).

### **Standings/Results:**

- WINS = 3 points
- TIES = 1 points
- LOSSES = 0 points

## **Tie-Breakers:**

In the event of a tie in the standings, the tie-breaker for final league standings are followed in this order:

1. Head-to-head result
2. Goal differential
3. Goals against

## **PLAYER'S EQUIPMENT**

**Jerseys:** Teams should wear like jerseys with numbers. Team listed as VISITOR on game schedule is responsible to change colors.

**Shin Guards:** Shin guards must be covered by socks are REQUIRED and MANDATORY for ALL players.

**Footwear:** Players may play in flats, turfs, or molded plastic or rubber cleats (NO screw-in studs or metal cleats)

**NO JEWELRY** allowed except flat wedding bands and medical/alert bracelet, necklace, anklet.

**Casts:** No hard casts will be allowed in games.

**Hats:** No caps with bills on field players (keeper may wear a referee approved head covering if desired, like bandana or ball cap).

**Match Soccer Balls:** Teams will provide the game ball.

## **FOULS AND MISCONDUCT, FIGHTING POLICY**

### **Yellow Cards**

\*A player is cautioned and shown the yellow card if he/she commits any of the following offenses:

\*Unsporting behavior (includes extravagant celebration, such as covering one's head with one's jersey or removing it over the head, and simulating actions intended to deceive the referee, such as diving; a caution for a poor challenge or tackle is also classified here); until 1997 this was called "ungentlemanly conduct"

\*Dissent by word or action

\*Persistent infringement on the Laws of the Game

- \*Delaying the restart of play (includes deliberate time-wasting tactics)
- \*Failure to respect the required distance when play is restarted with a corner kick, throw-in or free kick
- \*Entering or re-entering the field of play without the referee's permission
- \*Deliberately leaving the field of play without the referee's permission.
- \*A substitute or substituted player is cautioned and shown the yellow card if he/she commits any of the following three offenses:
  - \*Unsporting behavior
  - \*Showing dissent by word or action
  - \*Delaying the restart of play

### **Red Cards**

- \*A player, substitute or substituted player is dismissed from the field of play and shown the red card if he/she commits any of the following offences:
  - \*Serious foul play
  - \*Violent conduct
  - \*Spitting at an opponent or any other person
  - \*Denying the opposing team a goal or an obvious goalscoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper inside his/her own penalty area)
  - \*Denying an obvious goalscoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick (known as a professional foul)
  - \*Using offensive or insulting or abusive language and/or gestures
  - \*Receiving a second caution (yellow card) in the same match
- \*A player, substitute or substituted player who has been dismissed and shown the red card may not remain on or in the vicinity of the field of play or the technical area.
- \*The player is immediately ejected from the game and must leave the park after gathering their belongings.

The Park District of Oak Park reserves the right to review all red card situations and extend the suspension by a number of games appropriate to the offense. MINIMUM one game suspension for a red card. The Park District of Oak Park reserves the right to extend suspensions or remove players from the program.

\*A player who accumulates two red cards during the course of the season will result in an automatic ejection for the remainder of the season.  
Red cards suspensions will carry over to the next season if applicable.

### **Fighting**

\*The referee will stop play and eject any player or team (including bench personnel) that will attempt to strike or strike any player or official. League Management will have final decision upon an investigation. Player/Team may be ejected from the session without refunds. The offending team will forfeit the game and possibly future games.

\*Fighting is not tolerated in this league, and will be punished accordingly.

\*Any player or captain ejected from a game is required to leave the park immediately. If the player continues to interfere with the orderly progression of play, the official may forfeit the game in favor of the team not at fault. Warnings or ejections may be given before, during, or after a game. Any ejected player automatically receives a MINIMUM one game suspension. **The Park District of Oak Park reserves the right to extend suspensions or remove players from the program**

### **Slide Tackle Rule:**

1. **Slide tackling is prohibited in all matches.** Players are permitted to slide to play a ball provided they are NOT in proximity to any other player. If in the referee's opinion the slide tackle is reckless and could injure a player, a Caution (Yellow Card) MUST be issued. If in the referee's opinion a slide tackle is violent with intent to injure a player deliberately, the player will be ejected (Red Card).

Further Clarification of Slide tackling: The League does not allow slide tackling; this is a safety rule for the League. Does that mean that a player can never leave their feet? No! A player may slide to make a play on the ball, provided there are no other players within playing distance of the ball. Like with most other soccer laws, it is the judgment of the referee that will determine whether another player is within playing distance of the ball when a slide tackle is taken. Thus, you don't have to "touch" or "make contact" with another player to have violated the league's law on slide tackling.

### **Profanity:**

Profanity is not tolerated in any Park District of Oak Park Leagues. Players using profanity are subject to automatic cautions. Consistent infringement may result in suspensions.

## **OTHER PLAY RULES – 7v7**

HOME team listed on schedule will kick off first half; AWAY team kicks off second half.

7v7 – Goalkeeper may NOT punt or drop-kick ball. May kick ball from ground and may throw ball. Otherwise, no limits on distance of a played ball.

7v7 - Keeper must release ball within referee's 6-second count, or result is indirect kick for opposing team at top-center of 10 yard box.

7v7 - Players must be 5 yards from the spot of a free kick anywhere on field, and outside of 10-yard box on a PK.

7v7 – If an indirect free kick is called within 5 yards of the goal, the ball will be spotted 5 yards away from the goal line of where the infringement took place.

7v7 - NO Offside calls in 7v7 matches.

7v7 – Goal kicks must be taken within 3-yard in-bounds area directly forward of goal mouth.

7v7 – Goal may not be scored directly from kickoff, the kickoff is indirect. Kickoff touch may be played forward or backwards.

***The Park District of Oak Park reserves the right to change or adapt any rules or regulations at any time in the best interest of the game and the Park District.***