



7v7 League - Laws of the game

March 20th, 2024



FIFA Laws of the Game will be used with the following exceptions:

Law 1. Equipment

- a. Standard sized shin guards must be worn by all players. They must also be completely covered by socks and provide proper shin protection.
- b. Only flat soled indoor or turf boots, or multi studded outdoor boots may be worn by players participating in the OASC 7v7 League.
- c. Screw-in studded boots are not permitted on the artificial turf field. Any players wearing this type of boot, will be instructed by the referee to leave the game.
- d. All outfield player shirts must have numbers on them. The goalkeeper's shirt must be of a different colour to all other players in the game.
- e. The Home team will provide a proper inflated game ball to the referee prior to kick off.
- f. If two teams are wearing very similar coloured shirts, it is the responsibility of the away team to change to their alternative shirts.
- g. Any player who has a hard wrist or arm cast will not be permitted to play.
- h. Knee braces will be permitted provided they appear safe, stable, and meet the Referees approval.
- i. Players may not wear watches, jewelry. Goalkeepers may wear a soft brim hat but outfield players may not wear a hat.

Law 2. Kick off

- a. Each team must be ready to play at least 5 minutes before kickoff.
- b. The home team will kick off. The away team will defend the goal closest to the road in the 1st Half.

Law 3. Duration of game

- a. Games will consist of 2 x 30-minute halves.
- b. Time cannot be stopped for any reason; it is running time.
- c. The half-time break will be 3 minutes in duration.



d. All teams must be ready to play at the scheduled kick-off time. If a team (or teams) is not ready to commence play at the scheduled kick-off time, or at the beginning of the second half, the Referee will start the time.

e. Any team more than 5 minutes late will forfeit the game.

f. There will be no water break in either half. However, players may leave the game for water at any time

Law 4. Number of players

a. Each game will be 7 aside (6 outfield players and 1 goalkeeper).

b. Teams are required to have a minimum of 5 players (including goalkeeper) on the field to start or continue the game.

c. If a team has too many players on the field during play, then the referee can caution any player on the team.

Law 5. Substitutions

a. Substitutions are unlimited and may take place at any time including "on the fly".

b. A player being substituted must leave the field in the general area of their own team bench.

c. Substitutes must enter the game in the general area of their own team bench.

d. An illegal substitution will result in an indirect free kick to the opponents where the ball was last played.

e. Repeated disregard of the substitution process could result in a caution to the offending player.

Law 6. Kick in's

a. When the ball crosses the touchline, the game will restart with a kick in to the opponents of the team who last touched the ball when it was in play.

b. The kick in will be taken from the location where the ball exited the field of play. The ball must be stationary and on the touchline.



- c. All opposing players must be a minimum of 5 metres from the ball at a kick in.
- d. Failure to give an opponent the proper distance at a kick in can result in a caution.

- e. A goalkeeper may not handle a ball that is passed to him/her deliberately by a team mate from a kick in.

- f. The player taking the kick in cannot touch the ball a second time before another player has played the ball. If he/she does so, an indirect free kick will be awarded to the opponents.

Law 7. Goal kicks

- a. When the attacking team plays the ball over the goal line and a goal is not scored then the game is restarted with a goal kick.

- b. Goal kicks are to be taken anywhere within the goal area.

- c. All attacking players must be outside the penalty area when a goal kick situation occurs.

- d. The ball is in play when it has been kicked and moves, and is not required to leave the penalty area.

- e. If the goalkeeper or a defending player takes the goal kick before all attackers are obviously retreating outside of the penalty area in the referee's opinion, the ball is considered in play.

- f. If the goalkeeper or a defending player takes the goal kick, and any attacker(s) are obviously not retreating outside of the penalty area in the referee's opinion, and the ball is touched first by an attacking player, play will be stopped and the goal kick shall be retaken.

- g. The kicker cannot touch the ball a second time before another player has touched the ball. If he/she does so, the attacking team is awarded an indirect free kick from the spot of the second touch.

- h. A goal can be scored directly from a goal kick but only against the opposing team.

Law 8. Corner Kicks

- a. When the defending team plays the ball over the goal line and a goal is not scored, then the game will restart with a corner kick.

- b. The player taking the corner kick cannot play the ball a second time before another player has touched the ball. If he/she does so an indirect free kick will be awarded to the opponents.



c. All opposing players must be a minimum of 5 metres from the ball at a corner kick.

Law 9. Goals

a. A goal may be scored from anywhere on the field of play with the following exceptions:

i) A goal cannot be scored directly from a kick off, indirect free kick, or kick-in.

ii) Goalkeepers cannot score by throwing the ball into their opponent's net.

Law 10. Free kicks

a. All free kicks will be either direct or indirect free kicks.

b. Opposing players must be a minimum of 5 metres from the ball for a free kick. Outstretched legs into the 5-metre area are considered encroachment and may result in a yellow card for the guilty player.

c. Attackers must be a one-meter distance from the defensive wall. After the first verbal warning, failure to comply will result in an indirect free kick to opposing team.

d. Slide tackling is not permitted. An indirect free-kick will be awarded outside the penalty area and a penalty kick will be awarded to the opposing team when a slide tackle has occurred inside the penalty area. Sliding to save a ball from going out of play or in the goal, which does not constitute a "tackle" or endanger an opposing player in any way, is permitted.

e. If the drop ball is inside the penalty area after hitting the Referee, the ball automatically goes to the Goalkeeper.

Law 11. Penalty kick

a. A penalty kick will be awarded when a player commits an offence in his/her own penalty area that results in the award of a direct free kick.

b. All players except the kicker and goalkeeper, must be behind the ball and outside the penalty area and the penalty arc before the penalty kick is taken.

c. The ball is to be placed in the centre of the goal 8 metres from the goal line. The edge of the penalty area is 10 metres from the goal line

Law 12. Spitting

a. There will be **ZERO** tolerance for spitting on or around the field of play.



b. If spitting is seen by the referee, the following procedure will be followed: If aimed and directed towards an individual the offending player will be shown a red card.

Law 13. Cautions

a. A player who is cautioned will be shown a yellow card.

b. The player receiving a yellow card will leave the field for two-minutes (based on the referee's time), forcing his/her team to play shorthanded for that time. If the opposing team scores before the two minutes has expired, the penalty is considered served and the player can return to play. The Referee will signal when the two-minute penalty has been served.

c. If a defending player performs an action, which is punishable by a penalty kick and also receives a caution, he/she will leave the field of play to serve a 2-minute penalty. The two-minutes will not commence until the penalty kick has been completed. If a goal is scored on the penalty kick, the two-minute penalty is considered served and the player can return to the field of play. If the penalty kick is saved or misses the goal, the two-minute penalty will commence at this time and the offender's team will play shorthanded. The Referee will signal when the two-minute penalty has been served.

d. If a substitute or team official is cautioned, their team will not have to play shorthanded or serve a two-minute penalty.

e. A team who has a player shown the yellow card for leaving the field of play illegally will not have to serve a 2-minute penalty. The player is deemed off the field of play, and is now a substitute and will simply have a yellow card noted against their name.

Law 14. Dismissals

a. A player who is dismissed will be shown a red card. The player must leave the vicinity of the field of play. The game will not restart until he/she has left the field of play. His/her team will play shorthanded for the remainder of the game.

b. A coach or team official who is dismissed from the game must leave the facility for the duration of the game.

c. If a player, coach or team official that has been dismissed disturbs the continuation of the game, the Referee can terminate the game immediately.

d. If a substitute or team official is dismissed, their team will not have to play shorthanded. The dismissed individual must leave the facility for the duration of the game

Law 15. Offside



a. There is no offside in the 7 v 7 game.

Law 16. Inclement Weather

a. The referee will terminate the game if it is unsafe to continue due to inclement weather.

Law 17. Game Ball Retrieval

a. When a game ball is kicked over the fence, a second game ball will be supplied so the game can continue.

b. Teams will alternate in retrieving the game ball that has been kicked over the fence.

c. The home team will collect the first game ball over the fence, then the visiting team will collect the next ball over the fence and so on.