

**MAULDIN RECREATION**  
**ADULT SOCCER OVER 40 LEAGUE**

**Soccer Coed 7v7**

**Rosters and Number of players**

- Teams play with six players on the field.
- Coed - Teams may with start and finish a game with four players

**Game Start**

- Home team will call the coin toss. The winner of the coin toss will elect to start with the ball or choose a direction.
- The loser will start with a kickoff for the second half.

**Game Clock**

- The length of the game is 50 minutes, divided into two halves of 25 minutes. Running time with no clock stoppage is used for each of the two halves.

**Field Dimensions**

- Fields will be 70 yards long by 50 yards wide.

**Equipment**

- Shin Guards are mandatory with the top of the shin guard covered by a sock. Participants without shin guards will be sent off and the captain will receive a yellow card. A second infraction will be a yellow card to the participant without shin guards.
- No hard casts are allowed on the field
- Goalkeeper materials must be provided by the teams

- No exposed metal braces. All metal braces must be covered by 1/4" thick neoprene material
- The goalkeeper must wear a shirt or jersey that in no way similar to the color of either team
- No Pockets on shorts (no tape allowed), sunglasses, hard billed hats and knotted bandannas are not allowed
- No jewelry including but not limited to watches, earrings, and rings

### **Overtime**

- Regular season games will end in a tie.

### **Goal Kicks**

- A goal kick shall be taken within one yard from inside the goal line and inside the penalty area.
- Players opposing the kicker shall remain outside the penalty area until the ball moves out of the penalty area.
- Any goal kick touched by Team A or Team B prior to exiting the penalty area will be a rekick.

### **Out of Bounds**

- When the ball is deemed out of play, it shall be restarted by means of an indirect kick from the point where it was deemed out of play, by a player of the team opposite to that of the player who last touched it.
- The ball must remain stationary upon restart, and it may be played by any player except the one who executes the restart.
- No offsides

### **Penalty Kicks**

A penalty kick shall be awarded when a foul occurs. All penalty kicks will be indirect kicks with the exception of penalties inside the goal box. Such penalties will be awarded with a penalty shot from the top

of the goal box and ball must remain stationary until the kicker makes contact with the ball.

### **In/Out of Play**

- *The ball is out of play when:*
  - the ball has completely crossed the goal line or touch line
  - when the official sounds the whistle
- *The ball is in play when:*
  - it bounces off the goal posts or crossbars and remains in field of play
  - bounces off an official
- *There will be no whistle to restart play except:*
  - when a team asks for five yards
  - when play has been stopped to caution or eject a player
  - for a penalty kick

### **Substitution**

- Substitutions must be made from mid field

### **Goalkeeper Play and Backwards Pass**

- A goalkeeper is not allowed to field a pass with his/her hands originating from a player on his/her own team.
- Goalkeepers cannot lead with feet up

### **Slide Tackling**

- Absolutely no slide tackling.

### **Yellow Card**

- Any time a player receives a yellow card he/she is required to sit for a min of 3 minutes. Any two yellow cards within a game will result in receiving a Red Card.

### **Red Card**

- Any time a play receives a red card that player will be removed from the remainder of the game and minimum one additional

game. The team with the Red Card will also be required to play a man down for the remainder of the game.

### **Zero Tolerance Rule**

Mauldin Recreation will be enforcing a “zero tolerance rule”. Any player using foul language or taunting will be punished either by a technical foul or being removed from the game immediately without warning.

If the ejection happens to cause the team to have less than the required amount of players (4) then the result will be a forfeit. Before the game a warning will be given to each team by an official so that all players are aware.

Any foul language loud enough to be heard by officials, fans, or other players will be acted upon immediately.

Gestures or phrases include but are not limited to the following:

- Derogatory comments to officials, fans, staff, or other players ☐
- Flipping people off
- Tossing, throwing, slamming, or kicking the ball or any other object

### **Authority of the Referees**

Referees hold all right to make calls as they see fit. The only players that reserve the right to talk to officials during a dead ball are the captains of the teams, and only to discuss a rule not a judgment call.

All players must treat any official with respect and decent manner.