



## **\*\*Chosen Adult Soccer League - 7v7 Rules\*\***

Welcome to the Chosen Adult Soccer League! We're thrilled to have you join us on the field. To ensure fair play, sportsmanship, and a fun experience for everyone, please familiarize yourself with our league rules:

### **\*\*1. Team Size:\*\***

- Each team will consist of 7 players on the field at any given time, including a goalkeeper.

### **\*\*2. Game Duration:\*\***

- Matches will be divided into two halves, each lasting 25 minutes, with a brief halftime interval.

### **\*\*3. Start Time:\*\***

- Games will kick off promptly at 6:00 PM on Sundays. Please arrive at least 15 minutes before the scheduled start time for warm-ups and team coordination.

### **\*\*4. Substitutions:\*\***

- Substitutions are allowed during stoppages in play and at halftime. Players must exit and enter the field at the designated substitution area.

### **\*\*5. Offside Rule:\*\***

- There is no offside rule in the Chosen Adult Soccer League. Players can position themselves anywhere on the field without restriction.

### **\*\*6. Goalkeeper Rules:\*\***

- The goalkeeper must wear a distinct jersey to differentiate them from outfield players.  
- Goalkeepers are allowed to use their hands within their penalty area. However, they cannot handle the ball after releasing it and receiving it from a teammate without an opponent touching it.

### **\*\*7. Kick-off and Restarts:\*\***

- Games will start with a kick-off at the center circle.  
- After a goal is scored, the conceding team will restart the game with a kick-off from the center circle.  
- Restarts after the ball goes out of bounds will be determined by a throw-in for the opposing team.



**\*\*8. Fouls and Free Kicks:\*\***

- Players must play with respect and avoid any dangerous play or unsportsmanlike conduct.
- Free kicks will be awarded for fouls, and the opposing team must give a minimum of 5 yards distance.

**\*\*9. Penalty Kicks:\*\***

- Penalty kicks will be awarded for major fouls committed within the penalty area.
- All players, except the goalkeeper and the player taking the penalty, must be outside the penalty area until the ball is kicked.

**\*\*10. Ball Out of Play:\*\***

- When the ball crosses the sidelines, a throw-in will be awarded to the opposing team at the point where the ball went out of bounds.
- When the ball crosses the goal line and is last touched by an attacking player, a goal kick will be awarded to the defending team.
- If the ball crosses the goal line and is last touched by a defending player, a corner kick will be awarded to the attacking team.

**\*\*11. Player Conduct:\*\***

- Players are expected to show good sportsmanship and respect towards opponents, referees, and spectators.
- Any aggressive or harmful behavior will not be tolerated and may result in a red card and expulsion from the game.

Remember, the Chosen Adult Soccer League is all about enjoyment, teamwork, and fair play. Let's make every match a memorable one! Have a fantastic season!

\*Note: These rules are subject to modification by the Chosen Adult Soccer League organizers if necessary. Any changes will be communicated to all teams in a timely manner.\*