



**CITY OF ROCKVILLE  
DEPARTMENT OF RECREATION AND PARKS**

**Co-Rec Soccer 7's  
LEAGUE RULES**

**I. Player Eligibility**

- Each team shall be limited to sixteen (16) players on their roster, the team manager and coach are included in the roster limit unless stated in writing that they do not intend to play.
- A player may only be on one roster.
- Coaches should have a copy of the team roster with them at each game.
- Any team using a player not on their roster or a player under the age limit shall automatically forfeit each game the player participated in.
- Any team dropped from the league, after the schedule has been completed, or due to league violations, shall forfeit their entire registration fee.
- Final league rosters are due to the City of Rockville before your team's fourth game of the season.

**II. Playing Rules**

- Unless modified by this set of rules, all games shall be played in accordance with the most current F.I.F.A. rules.
- A team shall consist of seven (7) players, no more than four (4) of one gender. There must be a minimum of five (5) players, no more than a maximum of four (4) players of one gender to begin the game. Substitutions shall be unrestricted by gender as long as a team does not exceed four (4) of one gender on the field at one time.
- Each goal scored, regardless of gender, will be worth 1 point.
- Substitutions shall be unlimited and may be made using the "flying substitution" format (all players but the goalkeeper enter and leave as they please; goalkeeper substitutions can only be made when the ball is out of play and with the referee's consent).
- Game Playing Time:  
Two (2) 27 minute halves
- Grace Period - for all league games the clock will start at the scheduled starting time. After seven (7) minutes on the game clock has expired, the game officially will be declared a forfeiture if the team(s) does not have the minimum number of players required or the team is not prepared to play.

- For set-pieces the opposing team will be required to be seven (7) yards away from the spot of the foul.
- Throw-ins will be used if the ball goes out-of-bounds on the sidelines.
- Every player must wear the same color shirt for the entire game.
- Appropriate soccer shoes or sneakers must be worn. No metal spikes are allowed.
- Shin guards are required.
- The away team is required to change jerseys if there is a color conflict.
- Female players may protect themselves above the waist by “gluing”, i.e. using hands to cover an area susceptible to injury by the ball.
- Slide tackling is not permitted. A slide tackle is defined as a player leaving their feet to play the ball within the proximity of an opposing player. A deliberate slide tackle infringement in the penalty box will result in a penalty. The referee has the ability to issue either a yellow or red card if the act is deemed to injure or is from behind.
- **New:** Goal keepers are allowed to slide/dive in the goal keepers area; however, goal keepers are considered outfield players when they are not in the goal keeper area, therefore goal keepers are not permitted to slide when out of their box.
- There are no offsides in Soccer 7's.
- Playoff games ending in ties will be decided by the following:
  1. FIFA penalty kicks –No overtime.

### III. **Disciplinary Action**

- Any player receiving a red card is suspended for a ***minimum*** of one (1) game (the next game played by that team). If a player receives a second suspension in a season that player is suspended for one year.
- Any player receiving a yellow card will leave the playing field for three (3) minutes. That team will play down a man for the duration of the suspension, or if the opposing team scores a goal (power play). Note that the carded player must wait the full (3) minutes before being permitted to reenter the field of play. Any player accumulating three (3) yellow cards in different games of a season will be suspended for a minimum of one (1) game. The second suspension will be for one year.
- All team managers are responsible for their players and spectators. If any player or spectator runs onto the field of play during a game (except when substituting), the game will be declared over by the referees and declared a forfeiture by the Recreation Department.
- Any player, manager, or coach who approaches a referee in a negative manner after the conclusion of a league game shall be suspended for at least one (1) game.
- Any player who makes contact, physically strikes, or verbally threatens any official or player will be suspended from all league play for a minimum of one year from the date of the incident.
- Any player wishing to appeal a red card must submit an appeal in writing within 48 hours of the red card being issued to the league director.
- Any team who violates the City of Rockville regulations regarding the possession or consumption of alcoholic beverages or use of illegal substances on park property shall be suspended for the remainder of the season and dropped from the league.

- Please request the specific official disciplinary guidelines sheet for more details on what warrants a yellow card, or red card.

#### IV. **Official Scorer/Field Supervisor**

- Officials will report the final score to the league director. League director will post the scores and standings on the City's website.
- In case of rain or inclement weather, please call 240-314-5055 for cancellation decisions. A weather announcement will be made by 5pm on the night of games. If weather conditions change during a game, it will be up to the game officials to make the decision regarding the cancellation of the game. If a game is cancelled at the game site, the league director will update the weather line.

#### V. **Tie Breakers**

Standings will be based on the following:

- League record, three (3) points for a win, one (1) point for a tie, zero (0) points for a loss, and negative one (-1) point for a forfeit.
- Goal differential
- Goals scored for entire season
- Goals scored against for entire season
- Coin Toss

#### VI. **Tournament Format:**

- Team format will be based on the number of teams who register. Please check the schedule in due course.

#### VII. **Awards:**

- Awards shall be as follows:  
A Tournament Champion – Trophy, and \$100.00 gift certificate to local restaurant  
B Tournament Champion -- Trophy

#### VIII. **League Director:**

Derrick Thompson

240-314-8652

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Department of Recreation and Parks  
Adult Sports Division  
League Expectations, Policies/Disciplinary Measures

**MISSION**

The City of Rockville’s Adult Sports Division mission is to provide league and program opportunities for adults of all ages. Programs are designed to promote physical activity, economic development, improve health, and provide social outlet through participation at well maintained facilities.

**EXPECTATIONS**

The City of Rockville provides league rules that dictate how the program is operated and governed.

The City of Rockville requires players, coaches/team managers, and spectators to exhibit good conduct and sportsmanship before, during, and after games. Examples of good sportsmanship and conduct include but are not limited to:

- Fairness
- Ethics
- Respect
- Sense of fellowship
- Teamwork
- Positively encourage and congratulate all players and opponents as well as officials, city staff
- Understanding and promoting that this is a recreational league

**POLICIES/DISCIPLINARY MEASURES**

*City of Rockville Sports Supervisors reserve the right to amend disciplinary measures below if investigation deems it necessary*

- Coach or Team Manager/Player/Spectator Ejection
  - If ejected from a league game, that individual will be suspended from the team’s next played league game or for a period of time deemed fair by the league. A second ejection during the season shall be an automatic suspension; length of suspension will depend on severity of incident. Subject to one year suspension from date of incident if deemed necessary. Team manager/coach should remind their players of this rule before the start of the season.
- Ineligible Players
  - A coach/team manager who knowingly uses a suspended or ineligible player shall forfeit his/her coaching/team manager position and the team shall forfeit all games in which the player participated.
- Unsportsmanlike conduct:

- If ejected from a league game, that individual will be suspended from the team's next played league game or for a period of time deemed fair by the league. A second ejection during the season shall be an automatic suspension; length of suspension will depend on severity of incident. Subject to one year suspension from date of incident if deemed necessary. Team manager/coach should remind their players of this rule before the start of the season.
  - Unsportsmanlike conduct includes, but is not limited to:
    - Disrespectfully addressing an official or City Staff
    - Using profanity
    - Attempting to influence an official's decision
    - Baiting an opponent or obstructing his vision by waving hands near his eyes
    - Disrespectfully addressing or baiting an opponent and/or own team
    - Objecting to an official's decision by rising from the bench or using gestures or raising voice
    - Inciting undesirable crowd reactions.
- Before, during or after a game, anyone who strikes, shoves, pushes, bumps or otherwise molests, harasses, or threatens an official or City of Rockville staff member shall be suspended for at least 1 year from the date of the incident or longer if deemed necessary by the league. After the suspension is served, the individual can return to programs on a probationary period for a minimum of 1 year.