



JERSEY ADULT LEAGUES – 7V7 RULES

Duration of the Game

The game shall be divided up into two equal halves of 28 minutes each. Halftime will be 2 minutes.

Number of Players

The league will run with 7v7 players. Coed leagues must always have at a minimum of two (2) women and (1) man on the field.

A minimum number of 5 is needed to play. If a team does not have 5 players, a forfeit will be declared.

Roster size: Min. of 10 players, Max. of 14 players

Subs/Guest Players

Subs can only be used to replace roster players that cannot make a game (ex: 2 players cannot make it, you are allowed 2 subs). Subs are allowed for regular season games if they are checked in by JAL Staff and pay a sub fee. The cost is \$10 per game – **CASH ONLY!** All subs must sign an ISP Waiver before being allowed to play. A sub can only participate **3 times** in a single season. Please tell your subs to bring a shirt that is the same color as your team color. Subs are not allowed to play

**If a team does not follow these rules and a sub is found to be playing in a game, then the sub will be removed, and the team may be subject to forfeiture of the game.*

Teams can borrow players from other teams to assist in a regular season game – this will not be counted as a forfeit but must be made known to the ref/JAL staff

Referees

The referee is responsible for control of the game and their decisions regarding facts connected with play are **FINAL**.

Player Equipment

On field, players must bring their JAL jersey (or similar color). The goalkeeper must be wearing a different color shirt or pinnie to their teammates.

Shin guards are RECOMMENDED

Kick Off

A flip of a coin decides which team will kick off. Each team must stay in its own half of the field and the defending players must be at least 5 yards from the center spot.

After a goal, the team scored upon will kick off.

After halftime, the teams change ends, and the kickoff will be taken by the opposite team to that which started the game.

Jersey Adult Leagues follow the guidelines of NCAA Soccer with these exceptions:

No slide tackling (we are trying to prevent as many injuries as possible, so ***any sliding in the field of play is prohibited.***)

If the ball hits the ceiling, it will be an indirect free kick to the other team

There is no offside

SCORING

Win- 3 points

Draw- 1 point

Loss- 0 points

Fouls and Misconduct

Free Kicks

All free kicks are indirect. The opposition must be at least 5 yards from the ball.

Penalty Kick

A penalty kick is direct and taken at the penalty mark. All players except the player taking the kick and the goalkeeper must stay outside the penalty area and be at least 10 yards from the ball. All penalties must be one-step penalties. The player may only take one step before shooting the ball.

A penalty kick is awarded if any of the above 10 offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play. An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of

the following offences: (a) dangerous play, (b) impedes the progress of an opponent, or (c) prevents the goalkeeper from releasing the ball from his hands. A player is cautioned and given a yellow card if he commits any of the following offences: (a) unsporting behavior, (b) shows dissent by word or action, (c) persistently infringes the Laws of the Game, (d) delays the restart of the game, (e) fails to stand the required distance for a corner kick or a free kick,

A player is sent off and shown the red card if he commits the following offences: (a) guilty of serious foul play, (b) guilty of violent conduct, (c) spits on an opponent or any other person, (d) denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball, (e) denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick, (f) uses offensive language, or (g) receives a second caution in the same match.

Yellow cards will result in a two minute 'time 'out'

Red cards will be dealt with on a case-by-case basis. Final decisions on suspensions will be at the discretion of Jersey Adult Leagues.

Two Red Cards in one season results in suspension from league and no refund

Fighting or responding to a fight in a violent manner will almost always result in ejection from league and no refund.

Kick-Ins

When the whole ball has crossed the line, it is put back into play by a Kick-in from the spot where it went out. Kick ins are indirect.

Goal Kicks

When the whole ball has crossed the goal line after being last touched by a player from the attacking team, it is put back into play by a kick from the goal area by the defending team.

Goalkeepers cannot throw the ball over the halfway line. Goal kicks cannot cross the halfway line without hitting the floor first

Corner Kick

When the whole ball has crossed the goal line after being last touched by a player from the defending team, it is put back into play by a kick by the attacking team from the corner.

Playoffs

The top 4 teams advance to the tournament for single elimination games. Any game that is tied at the end of the game will go straight to penalties. 5 players will take penalties. A min of 2 females will need to take penalties in coed leagues. The team with the most goals after 5

penalties will win. If it is still tied, it will be sudden death using the remaining players. If all players have taken penalties, the rotation will start from the beginning.

Tiebreakers

- 1) Goal difference
- 2) Goals For
- 3) Goals Against
- 4) Most shutouts
- 5) Head to Head

Sportsmanship:

<https://www.ispeventcenter.com/rules-and-regulations/>

Please review all the ISP policies from the link above

Playing with JAL requires good sportsmanship. Any behavior deemed inappropriate by JAL may result in penalties (suspensions, ejections from a game, or expulsion from the league). ISP/JAL has a zero-tolerance policy for fighting. Fighting will not be tolerated and will result in immediate expulsion from the league. Intimidation, harassment, and/or using foul language while addressing other players, organizers, or game officials will almost always result in ejection from the game or league. No refunds will be issued to any member ejected from the league due to their bad behavior.

Facilities:

The following are **PROHIBITED** inside premises

- Alcohol
- Smoking
- Pets

PLEASE clean up after yourself!

If you have any questions, please reach out to jerseyadultleagues@ispeventcenter.com