

Rules of the SFC Summer Adult League

All teams are guaranteed to play 8 games during the season.

Game Rules: All games will be played in conformance with FIFA/USSF Laws and the following:

LAW I – Field of Play

- A. Goals will be 8' high and 24' wide
- B. Field dimension: approximately 60 yards long by 40 yards wide

LAW II – Ball

- A. Size 5 soccer ball will be used

LAW III – Number of Players

- A. The format of play is 7v7. Therefore, a match shall be played by two teams consisting of not more than seven players (6 field players and a goalkeeper)
- B. Minimum number of players to begin a game is five players. The game will not be delayed awaiting players. If there are not enough players to begin the game within 5 minutes of the scheduled start time, the game will be forfeited.
- C. Substitutions may be done at the midfield line and at any stoppage of play, but the player to be substituted must come off the field first. Team Captains are responsible for substitutions.

LAW IV – Players Equipment

- A. No casts will be allowed
- B. Shin guards are to be worn by all players. Players without shin guards will not be allowed to participate.

LAW V – Referees

- A. There will be one official for each game

LAW VI – Duration of game

- A. The game will consist of two 25-minute halves
- B. There will be a 5 minute halftime break
- C. The clock will not stop for goals

LAW VII – Start of Play

- A. All games will start at the scheduled time. Delays will not be tolerated. If a team is not ready to play within five minutes after start time, they shall forfeit the game. Overtime periods will not be played.
- B. Game will start with kickoff at center mark.
- C. After each goal, the game will restart from the center mark

LAW XI – Offside

- A. There is no offside

LAW XII – Fouls and Misconduct

- A. All FIFA laws apply with the following clarification
 1. For any caution, a player will sit out two minutes (leaving his/her team shorthanded)
 2. A player may receive two yellow cards before he/she has to leave the game. On the second yellow card, the player will have to leave the game, resulting in a five minute penalty (red card).
 3. Any player receiving a red card must leave the game. That team will play shorthanded for the full five minutes.
 4. Any player receiving two red cards during the season will be barred from further play in the season.
 5. Foul **language** is not allowed during the game or in the vicinity of the fields. A yellow card is to be given for the first offense, and a red card will be given for any subsequent offense.

LAW XIII – Free Kick

- A. Encroachment distance shall be eight yards
- B. All Free Kicks will be direct

LAW XIV – Penalty Kick

- A. No change

GOALKEEPER:

Goalkeepers will not be allowed to punt the ball. They must throw the ball to place it in play. No throw or goal kick may go beyond the mid-field line. Infraction results in a direct free kick at midfield. Five seconds rule will be in effect for goalkeeper to release the ball.

NO SLIDE TACKLES ARE ALLOWED! Infractions will result in a yellow card being given with the team playing down a man for two minutes.

SUPPLEMENTAL REGULATIONS:

Fair play and sportsmanship always.

In case of inclement weather check www.sandhillsfc.com. The Weather Cancellation will be updated at approximately 3:00 each afternoon on the front page of the SFC web page.

Park in designated parking area only.

No alcoholic beverages are allowed anywhere on property.

Only registered paid players are allowed to participate.

Each team shall have a game ball available.

Playing and/or warming up on an adjacent field is prohibited.

Please pitch in. Pick up after yourselves and place your trash in appropriate receptacles.

No unsupervised children please.

Please understand that Sandhills FC is a family club, and we expect the behavior of our players and spectators to be acceptable in a family setting. We do not allow any foul language to be used. Please understand that Sandhills FC consider words that would not be acceptable for a young child to use to be considered foul language.