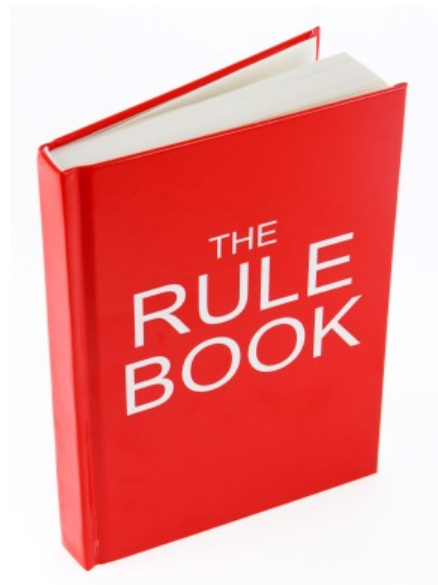




# **EASTLAKE**

## **SOCCER LEAGUE**



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## **RULE 01 - PLAYING FIELD** - Fig. 1.0

### **01 – Dimensions**

The playing field must be synthetic or natural grass with a rectangular shape. The length must be between 45 and 55 meters, and its maximum width of 35 meters and a minimum of 25. The length must always be greater the width.

### **02 – Field marks**

The field must be marked by white lines and clearly visible, with a width of 10cm.

The lines at the longest are called side lines and the short end-lines.

The midfield will be marked with a line from side to side, called the central line.

The center of the field will be clearly marked with a visible point of 10 cm radius.

5 meters parallel and equidistant from the midfield in the center mark two (2) 5-meter wide lines, one in each half of the field. In the middle of these lines mark a center line perpendicular to these and they will be called Shoot Out lines.

### **03 – Superior Net**

The placement of a net at the top of the field is optional. It should be made out of a suitable material with small holes to disallow the ball from going outside the field. The height should be of minimum 10 meters.

### **04 – The Box and Penalty Mark**

At each end of the field draw two perpendicular lines to the goal lines with a distance of 5 meters from each goalpost. These lines move eight meters into the field and are 15 meters long.

The penalty point is defined by a visible spot, with 10 cm radius in the middle of the line in front of the goal, with a distance of 8 meters from the line.

### **05 – Goals**

The goals should be placed in the center of each end line. They consist of two vertical posts connected by a 5-meter horizontal bar whose inner face is positioned at a height of 2, 20cm from the ground. The diameter of the goalposts and the crossbar must be painted white.

Behind the goals there should be a net, firm and with a minimum distance of 0.50 cm of deepness. - Positioned to give enough space to the goalkeeper.

**06 – Substitution Zone**

Situated in front of the referee table and next to the sideline, in the middle of the field, marked by two parallel lines of 0.50 cm 5 meters away from each other.

**07 - Substitutes bench and representative's area**

The playing field must have benches with at least 10 meters on each side of the field, intended for the substitutes and coaches for each team. It should also have a table and two chairs in the midfield for the delegate(s).

The benches and delegate's table must be located at least 5 meters away from the field.

**08 – Technical area**

Located in front of the substitute zone, it must be one (1) meter away from the field, from the sideline and 5 meters from the delegates table.

**09 – Recommendations**

For the realization of important games, including national, international, and televised matches, we recommend the use of fields with minimum dimensions of 30 meters wide and 50 meters long.

**Addendum**

It is allowed the use of fields with dimensions of 60 meters long and 40 meters wide at most, when necessary.

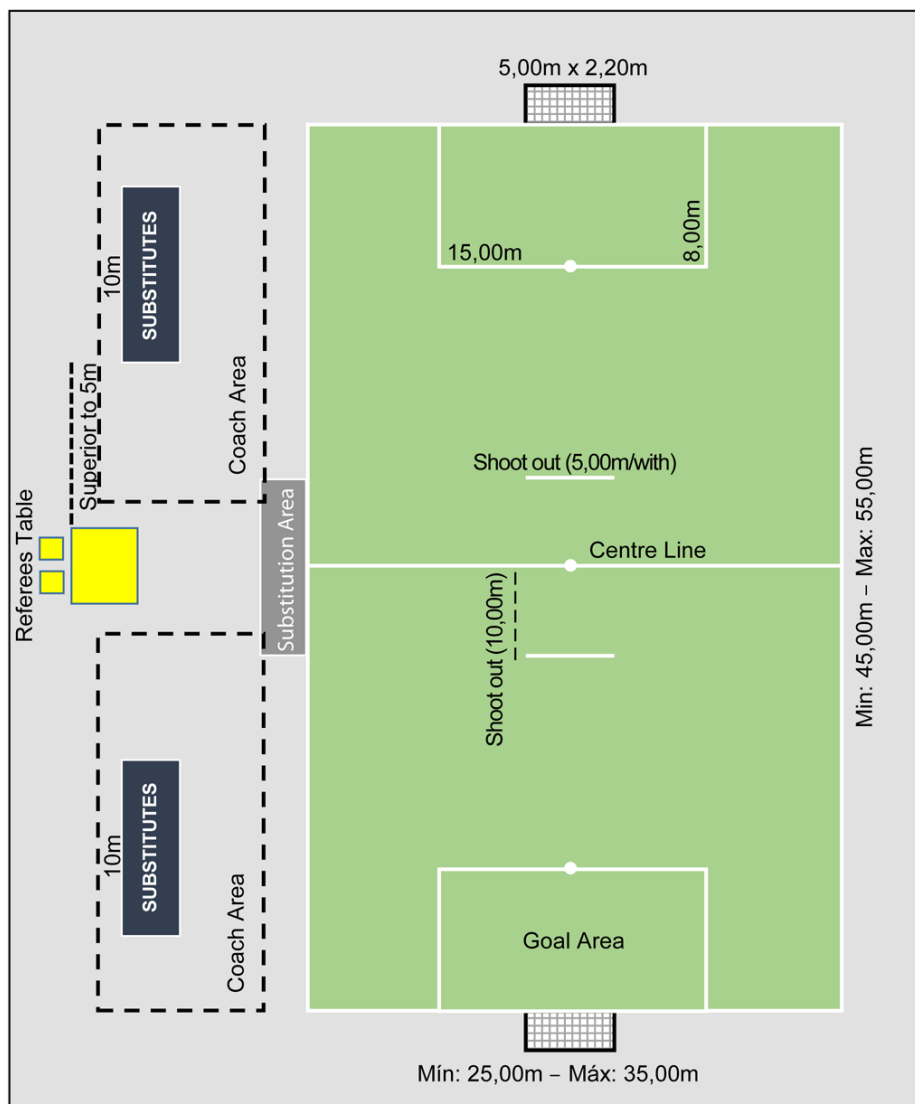


*Fig. 1.0 – Playing Field*

**IFA7**

## International Football Association 7

7 a Side Official Field Specifications



\* All lines must be marked white color and a width of 12.5cm / 5inch

\* Shoot out Line is 10meters away from the center line at both sides and 5meters in length

## RULE 02 – THE BALL

**01** – The ball shall be spherical, made out of approved materials, without compromising the integrity of the player. The main reference of the ball should be its bounce. When dropping the ball in a field of synthetic or natural grass from a height of 2 meters the first bounce must not exceed 0,80 cm.

Categorías	Circunferencia	Peso	Presión
Sub 07 Sub 09	63 a 64 cm	270 a 320 gramos	06 a 08 libras
Sub 11 Sub 13 Femenino sub 15	68 a 69 cm	320 a 350 gramos	06 a 08 libras
Sub 15 Sub 17 Sub 20 Principal Veterano Master Femenino principal	68 a 69 cm	520 a 450 gramos	08 a 10 libras

**02** – The ball can't be replaced during a match, except under the authority of the referees.

**03** – If the ball goes flat during a game, the match should be temporarily suspended until the referees evaluate and replace the ball. Once the ball meets the standards of the game, the game must be restarted with a "dropped ball" in the place where the game was stopped.

**04** – If an interruption occurs because the ball explodes or has a small opening, the game should be stopped immediately and must be replaced right away. The match will restart in accordance with the continuity of the game.



## **RULE 03 – NUMBER OF PLAYERS**

**01** – A game is played by two teams of 07 players each, one of them must necessarily be the goalkeeper. 06 field players and 01 player in goal (goalkeeper).

**02** – It is not permitted to start an official game with less than 7 player per team.

**03** – When a team or both reach 03 players per team. The game must be ended immediately, regardless of the reason. *(Red card, injury, or any other)*

**04** – A registration page should be submitted 15 minutes before kick-off with a maximum of 20 players signed up per team

**05** – The substitutes are unlimited without stopping the game, however it is limited to the players that are signed up in the registration document that was submitted before the game. *(There should never be eight players on a team at the same time in the field)*

**06** – A player can perform a throw-in or corner kick only if he or she has entered the field through the substitute zone.

**07** – Any player may switch places with the keeper only when it is authorized by the referees.

**08** – To attend an injured player, the referees must stop the match and then allow access for medical assistance. Once the assistance enter the pitch, the player must be removed from the field so that he or she can be revised.

**09** – In case of blood or serious injury, the player must leave the field immediately. The same can be replaced simultaneously.

**10** – At the end of the game, captains must sign the registration page of the game, which certifies that the data written therein is correct, such as; goals, fouls, cards, statistics and game summary.

**11** – The technical committee will be composed of the following members;

- Coach
- Assistant (s) Maximum 2.
- Massage therapist
- Physiologist

## **RULE 04 – UNIFORMS FOR PLAYERS, COACHES AND ASSISTANTS**

**01** – The basic mandatory equipment of a player comprises the following parts

- If undergarments are worn, the sleeves of this clothing should be the main color of the jersey or shirt sleeves
- Shorts: whether short or long thermal tights are used, these must be the main color of the shorts
- Socks: if tape or similar materials are used on the outside is used, it must be the same color as the socks.
- Shin guards
- Footwear

**02** – Shin guards

- Must be completely covered by the socks
- Must be made out of plastic, and/or a similar material
- Must provide adequate protection

**03** – Colors

The teams will wear colors that distinguish them clearly from each other and from the referees.

The goalkeepers will wear colors that differentiate them from their team mates and referees.

**04** – The jersey should be numbered on the back (01-99) and must be unique in each team. There cannot be repeated numbers in the same team. The color of the numbers must be different from the jersey. For more details see the document *"Equipment Regulations."*

**05** – The referee will require the player to remove any objects that, in his opinion might harm himself or others. Like: necklace, earrings, bracelets, etc.

**06** – For a match to start, the player must have the full uniform as his team, with his shirt tucked-in and the socks covering up the shin guards.

**07** - The captain must be identified with a band on one arm with a different color than the uniform. If substituted, he or she must pass the band to another player who is still active and playing.



**08** – Players can participate using glasses, nevertheless they must be sport glasses and should be reported in the registration page that is submitted at the beginning of the game.

**09** – If the team has not a substitute goalkeeper, the player who will substitute the goalkeeper must use another shirt with the same number.

**10** – The use of thermal clothing (pants, shirts, etc.) must be the same color uniform.

**11** – Players cannot use bandages or tape of another color than that of his uniform to support the shin guards.

**12** – Substitutes must wear vests at all times to differentiate themselves from the players on the pitch.

### **Uniforms of the Technical Committee**

**01** – Participants of the coaching staff must wear proper shoes and sports apparel and / or executive, always identifying their team.

## RULE 05 – GAME TIME

**01** – Categories of men, women, youth and children. It is divided into two equal periods with 1-minute-technical time per team per half time.

Categoria	Edad	Tiempo
Sub 07	06/07 años	15x15
Sub 09	08/09 años	15x15
Sub 11	10/11 años	15x15
Sub 13	12/13 años	15x15
Sub 15 femenino	Hasta 15 años	15x15
Sub 15	14/15 años	20x20
Sub 17	16/17 años	20x20
Principal femenino	Arriba de 18 años	20x20
Sub 20	18/19/20 años	25x25
Principal	Arriba de 18 años	25x25
Veterano	De 35 a 40 años	25x25
Master	Arriba de 40 años	25x25

**02** – Only the referees marked the official time.

**03** – If a team wants to request a 1-minute-technical time, the team must be in possession of the ball and it must be requested by the captain, coach and / or players in the field.

**04** – If the request for technical time is accepted by the referees, only the players in the field and the coaching staff can meet inside the box or penalty area.

**05** – All the time lost because of a lost ball and / or injuries, must be added to the period of the game. *(At referees discretion)*

**06** – Playing time must be extended by the referees, for penalties or Shoot Outs.

**07** – When there is a tie, the period of extra time cannot exceed 10 minutes in all categories, divided into 02 periods of 05x05 minutes without interruption. At the end of each half the teams must change sides and play immediately.

**08** – There are no 1 minute technical time during overtime.

*Note: Overtime only applies if agreed at the beginning of the tournament. If the tie persists after the overtime then a round of Shoot Outs of sudden death should be done to determine winner.*

## **RULE 06 – BEGINNING OF THE GAME**

**01** – To start the game, the choice of the field-side and / or kickoff must be made by flipping a coin. The winner makes the choice of the field that they will defend, and the losing team will get the kick-off.

**02** – The start of the game will be announced and approved by the referees. Once the beginning of the game has been declared, the respective team can move the ball which is standing still in the middle of the field. (The ball can move in any direction)

- a) For a game to start or for the second half to begin, all players of each team must be within the half their team is defending.
- b) Once a goal is scored, the game is resumed in the same way.
- c) After the half time, the teams must change sides of the field.

**03** – When the game starts at the beginning of a period or after a goal, the players have maximum 5 seconds to play the ball, otherwise they will be sanctioned with a personal foul however they will not lose possession of the ball.



## RULE 07 – BALL OUT OF PLAY

**01** – The ball is out when:

- a) The total circumference exceeds by air or by land, the boundary lines of the field.
- b) The game is interrupted by the referee.
- c) The ball touches the top net or other surface other than the pitch.

**02** – The ball is in play at all times, including:

- a) If you hit the goal frame.
- b) If it hits the referee in the field.
- c) Until the referee indicates otherwise.

**03** – In the event of a temporary suspension of the game without the ball going out the limit of the field lines. The game must be restarted with "dropped ball" in the place where the game was stopped. .

**04** – When a foreign object enters the field, the game is considered paralyzed and no action is valid.

**05** – If a player that is out of the field or a coach team member enters the field of play during a match and participates preventing a goal from entering or interrupts a clear attack on goal. He or she should be expelled immediately and the game must be restarted with a free kick in the location where it was interrupted.

Notes:

*The surface boundary lines are part of the pitch.*

***Dropped ball*** - the ball must touch the ground before a player touches it. Players must position themselves at a distance of 30 cm from the area where the ball will bounce.

## **RULE 08 – GOALS**

**01** – The goal is valid when the circumference of the ball crosses completely the bottom line between the goalposts and the crossbar, only when everything went according to the rules.



## **RULE 09 – INFRACTIONS**

**01** – Infringements are divided:

- technical violations
- disciplinary infractions
- personal offenses

### **TECHNICAL VIOLATIONS**

**01** – If the player commits a violation as follows;

- a) Kicking or attempting to kick an opponent.
- b) Breaking down the opponent.
- c) Jump on the opponent.
- d) Block or obstruct an opponent.
- e) Lift the leg(s) in a violent and / or dangerous way.
- f) Pushing the opponent.
- g) Lift the arms, hands, and/or bends in a dangerous manner
- h) Spit.
- i) Pull or hold the opponent in any way.
- j) Hold the ball not dutifully.
- k) Intervene and/or block substitutions of players.
- l) Being violent and/or dangerous.
- m) Playing the ball with the hand.
- n) Prevent the opponent of celebrating.
- o) Remove the jersey.
- p) Committing a tackle.

**Penalty** : Direct kick for the opponent , the foul will count as a cumulative foul when adding the infractions for a Shoot Out. Depending on the severity may receive yellow and / or red cardboard.

**02** – Every technical infraction is accumulated for collective and individual fouls.

### **DISCIPLINARY VIOLATIONS**

**01** – The player commits a disciplinary offense if;

- a) He joined the game and / or team without approval of the referee.
- b) Persists in breaking the rules.
- c) Is guilty of non-disciplinary conduct
- d) Speak with high-sounding words or vulgar acts against referee decisions.
- e) Use unsportsmanlike tactics.
- f) Change his shirt number.
- g) Discuss with the public, officers, partners, and / or rivals.

- h) Is introduced into the pitch to give instructions.
- i) The player is intoxicated and/or consumes alcohol and/or drugs when playing.
- j) Deliberately delays the restart of play.
- k) Is violent.
- l) Makes a tackle.

**Penalty:**

**BALL IN PLAY:** The referee should stop the match and annotate the penalty in the registration document along with the number and/or name of the player.

- Direct kick against the opponent in the location where the infraction was committed.
- If the violation is within the box or penalty area, a penalty kick will be granted.

**With BALL OUT OF PLAY:** The referee will give a warning to the player and register the incident along with the number and / or name of the player in the registration document of the game.

- The game must be restarted in the place where the ball was for the last time before the game was stopped.

## **02 – BENCH FOR SUBSTITUTES**

The violations of the substitutes count for the collective sum of fouls of the team.

**Penalty:**

If the match is paralyzed, the referee board shall make a decision and then announce it to the teams.

## **03 – The following cards and disciplinary sanctions:**

**YELLOW CARD:** The player is warned immediately and if in the field, should be replaced. He or she cannot not reenter the field for 2 minutes of ball game.

Applying a yellow card is required for the following reasons:

1. Hold the opponent's jersey, shorts and/or the opponent.
2. Use the hand deliberately.
3. Handle with insults and anti-sportsmanship.
4. Being violent.
5. When a goalkeeper touches the ball outside his area.
6. Obstructing or blocking a clear run on goal.

*Note: If the ball touches the hand of the player in a shot on goal, the referee must*

*judge and decide accordingly. (Arbitration Discretion)*

- *If it's on purpose, the opponent will have a direct shot.*
- *If it's not purpose, there should be a "bounced ball".*

**RED CARD:** The expelled player must immediately leave the field, the game should not be resumed until the player has left the pitch. The team will stay with one player less for 2 minutes.

A red card could be given for the following reasons:

1. Recurrence of faults.
2. Violent attitude.
3. Insults.
4. Direct aggression.
5. Prevent a goal or clear play goal of happening with unsportsmanlike actions.

**Accumulation of fouls:** The teams that reach 5 fouls in each half or period, will suffer a Shoot Out in each subsequent foul, until the end of time or period. When restarting the second time or period, failures start at 0 per team.



## **RULE 10 – DIRECT KICK**

- 01** – A direct kick allows you to score a goal directly.
- 02** – When executing a direct shot, the opposing team must give five meters of distance **IMMEDIATELY**. Failure to provide the regulatory space, you may incur a foul and / or yellow card.
- 03** – Each direct kick must take place in no more than 5 seconds, otherwise the ball is awarded to the opposing team.
- 04** – If the player takes the direct shot against his own goal and enters the goal directly without touching any other participant, an own goal will be granted.



## **RULE 11 – MAXIMUM PENALTY**

**01** - When a foul or violation is done against the attacking team in the defending team's goal area, it will be granted a maximum consequence (penalty, PK) to the attacking team, which must be run from the corresponding mark.

- a) It is mandatory that the execution of the penalty should be in the direction of the opponent's goal, and all players must be a minimum distance of 5 meters behind the ball and can only move once the ball is kicked by the shooter.
- b) The shooter of the maximum penalty must be clearly identified before it is taken.
- c) The shooter must execute the death penalty in less than 05 seconds, otherwise the team will be penalized with a fault without losing the right to take the penalty. (If this is the 6<sup>th</sup> foul against the opposing team, after the penalty there will be a Shoot Out in favor of the opposing team.)
- d) When the goalkeeper defends the penalty, he or she must be with both feet touching the bottom line, between the goalposts and can move laterally if desired.
- e) If the goalkeeper leaves the correct initial position before the penalty and prevents a goal, the penalty must be repeated. (If the goalkeeper leaves the right position before the shot and resulted in a goal. The goal is valid.)
- f) If a defending player disrupts or participates directly or indirectly before the penalty is taken, the maximum penalty should be repeated. (If it ends in a goal. The goal is valid.)
- g) If the shooter has some irregularity and end in goal. The maximum penalty should be repeated. (If the shooter fails annotate a goal, the shot will not be repeated.)
- h) If the shot of the penalty results in rebound by hitting a post, the referee and / or other objects within the field, the player is entitled to continue and finish the play without letting other players touch the ball.
- i) The maximum penalty is a direct free kick.

### **NOTE:**

If the penalty is for a tiebreak and there is rebound by the referee, post, goalkeeper, and / or any other object in the field, the shooter has no right to keep playing or shoot again under any circumstances.

## **RULE 12 – THROW IN**

**01** – A throw in will be executed when the entire circumference of the ball passes the sidelines, by ground or air. It should be taken in the place where the ball left the field by the opponent team from the team that last touched the ball before going out.

- a) There should be no obstruction in less than 5 meters.
- b) The shooter should be out and off the field of play before the throw in. Both feet should be flat and facing the field, you can only rotate your waist launching see Figure L-01.
- c) Both arms must hold the ball and the movement should be from back to front.
- d) If the throw is done irregularly, the ball should be awarded to the opponent.
- e) A goal cannot be done directly from a throw in. The ball must be touched by any player before it enters the goal.
- f) The goalkeeper may not receive with his or her hands a ball a throw in. If the goalkeeper touches the ball with his hands, the opponent team should be given a corner kick.
- g) The maximum time of execution in a throw in is 05 seconds. Otherwise, the ball shall be awarded to the opponent.

## **RULE 13 – GOAL KICK**

- 01** - A goal kick is granted when the total circumference of the ball crosses the end line on the ground or air and the ball has been touched at last by the attacking team.
- 02** - The goal kick should be taken by the goalkeeper, and it is taken with the hands.

### *Procedure Goal Kick:*

- a. The foot should never be used for a goal kick.
  - b. The goalkeeper, will have a maximum time of 05 seconds to throw the ball. Failure to perform the throw, the opposing team will be awarded the throw.
  - c. The goalkeeper cannot put the ball on the floor and kick it. For a goalkeeper to kick the ball, another player must touch the ball before and return it to the goalkeeper. If the goalkeeper fails to follow this, the opposing team must be given with a direct shot.
- 
- 03** - During a goal kick players from both teams must be outside the goal area.
  - 04** - The ball must be played outside the goal area, otherwise the opposing team will be awarded a throw.

## **RULE 14 – CORNER KICK**

**01** - A corner kick is awarded to the attacking team when the ball circumference exceeds the end line by air or by land, and the defending team is the last to touch the ball.

- a) Similarly, the player that shoots corner kick, must have both feet off the intersection between the side and end lines.
- b) The shooter must play the ball with the foot.

**02** - The maximum time to execute a corner kick is up to 05 seconds. If time is exceeded, the ball shall be awarded to the defending team with a goal kick.

**03** - No opposing player may be less than 5 meters away until the kick is performed.



## **RULE 15 – REFEREES**

### **OFFICIAL UNIFORM FOR THE REFEREES**

**01** - The official uniform shall include: short-sleeved or long-sleeved shirt from his or hers respective federation or organization, short or long pants, black socks or the same color as the shirt and black tennis shoes.

**02** - The referees should always dress the same way.

**03** - If the color of any of the team is equal to the referee's, the referee must change his shirt.

**04** - The total responsibility lies on the referees when playing in the field, they are the highest authority and must make decisions according to the safety of the participants and / or spectators.

### **RESPONSIBILITIES OF THE REFEREES**

**01** - Apply the rules and resolve disputes arising from Soccer 7 practice. Their decisions are final, but may be questioned after the application of repetition on TV. (If the system is available and functional at the stadium) - In any of the scenarios with or without replay system, the arbitration decision is final.

**02** - It should guarantee the physical integrity and security of players and spectators.

**03** - Once entered in the field, the referee's power is absolute and extends to the stands and / or spectators.

**04** – They will try to let the game run as much as possible.

**05** - During the shoot outs, one referee must observe the play, while the other observes the players behind midfield.

**NOTE:** If there is a **tie**, one referee observes the play, while the other takes time and this should not exceed 05 seconds.

## **RULE 16 – TIEBREAK**

Ties do not exist in any football competition 7. Every encounter ends up in regular time and / or overtime when there is a draw. If there is a draw, it must be brought to the decision of penalty kicks.

### **WINNING BY PENALTY KICKS**

**01** – Both teams get a Penalty Kick and it should be emphasized that these are sudden death until there is a winner.

**02** - Every player listed on the registration document can be part of the Penalty Kicks.

**03** - Every Penalty Kick should not take more than 05 seconds from the whistle of the referee.

**04** - All players must position the ball on the dot inside the box.

**05** - A referee observes the play, while the other takes time and this should not exceed 05 seconds.

**06** - Goalkeepers (Goalkeepers) can also take a Penalty Kick.

**07** - The goalkeepers cannot move from the goal line until the shooter of the Penalty Kick touches the ball.



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**SOCCER LEAGUE**