EASTLAKE
SOCCER LEAGUE

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OFFICIAL 7v7 COED RULES

The following items are PROHIBITED on Eastlake Soccer League Complex Strict guidelines have been set bymanagement so any team caught with the following items may be required to to leave at any given time.
Sunflower seeds
Gum
Alcohol
Dogs
Please refrain from bringing those items (and pets) so that we can continue to use the facilities and run leagues for you!

ESL Coed Soccer follows the guidelines of NCAA Soccer with these exceptions:

SLIDE TACKLING IS NOT ALLOWED
We are trying to prevent as many injuries as possible so any type of sliding in the field of play is absolutely prohibited even if no one else is around!

Number of Players
Each team consists of a maximum of 7 players, and a minimum of 5 on the field, one of whom must be the goalkeeper. (5m/2f. If a keeper is male, then 4m/2f on field. If keeper is female, then 5m/1f on field). THERE IS A 4-TOUCH RULE FOR MALE PLAYERS. If a team cannot field the minimum number of 5 players a forfeit will be declared unless team captains and referee agree on alternate plan. Game will be played for fun regardless of forfeit. Game time is forfeit time. Free Substitutions.

Substitutions
Only roster players may play on a team and no last minute substitutions are allowed. However, please see below "ringer clause" To add a player to the roster you must contact the ESL's office at least 24 hours before game time.

*Ringer Clause: If before your game or during the first 10 minutes of your game, you feel that a player on the opposing team is not on an official roster and could possibly affect the outcome of your game, it is the responsibility of the team captain to approach the umpire/referee and log a complaint. If the opposing team captain confirms a player on their team is not on their roster and a possible "ringer", then the non-rostered player in question must sit out that game or the rest of the game and a gaol against will be awarded to the complaining tream. However, if both teams agree to play with a sub or non-rostered player, then it will be played as a true game.

Complaints about subs, non-rostered players or "ringers" cannot be logged after 10 minutes into your game or at the end of your game. If you have additional questions

about a non-rostered player at your court or field, you may also call ESL's Phone at 619-921-7744.

Player Equipment
The goalkeeper must wear colors which distinguish him from the other players, the referee and the referee assistants. Each player must wear their team color assigned to them. Shin guards and cleats are not required, but highly recommended.

Referees
The referee is responsible for control of the game and his/her decisions regarding facts connected with play are final.

Duration of the Game
The game shall be divided up into two equal periods of 25 minutes each. If a match is tied after 50 minutes the match is declared a tie. There will be a 2 minute half.

The Start of Play
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 10 yards from the ball when it is kicked. 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.

Tie Game
During Regular season if a game ends in a tie a tie will be declared. See Tournament Rules for tournament tie breaker.

Method of Scoring
A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the cross bar, whether on the ground or in the air.

Offside
Offsides will not be enforced in the 7v7 leagues!

Fouls and Misconduct
A direct free kick is awarded to the opposing team if a player commits any of the following 6 offenses in a manner considered by the referee to be careless, reckless or using excessive force: (a) kicks, (b) trips, (c) jumps at, (d) charges, (e) strikes, (f) pushes.
A direct free kick is also awarded to the opposing team if a player commits any of the following 4 offenses: (g) holds, (h) spits, (i) deliberately handles the ball, or (j) tackles an opponent to gain possession of the ball, making contact with the opponent before touching 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.
An indirect kick will also be awarded if the goalkeeper: (a) takes more than four steps while controlling the ball with his hands, before releasing it, (b) touches the ball again with his hands after it has been released from his possession and has not touched any player, (c) touches the ball with his hands after it has been deliberately kicked to him by a team-mate, (d) touches the ball with his hands after receiving it directly from a throw-in taken by a teammate, or (e) wastes time.
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 – First is warning, direct kick.
2 Yellow Cards in one game results in Red Card
1 Red Card = Ejection from game. May result in 1 or more additional game suspensions depending on severity.
2 Red Cards in one season results in ejection from league, no refund
Fighting or responding to a fight in a violent manner will almost always result in ejection from league, no refund.

Rules are subject to review and change by ESL directors following incidences.

Free Kick
Free kicks are classified into two categories: "Direct" (from which a goal can be scored directly against the offending side) and "Indirect" (from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before entering the goal).
For all free kicks the offending team must be at least 10 yards from the ball or the goal line until the ball is kicked.

Penalty Kick
A penalty kick is a direct free kick 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 (hence the arc at the edge of the penalty area).

Throw In
When the ball has wholly crossed the touchline, it is put back into play by a throw-in from the spot where it went out and by a player from the opposite team to the player who last touched it. A goal cannot be scored directly from a throw-in.

Goal Kick
When the ball has wholly 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.

Ball In and Out of Play
The ball is out of play when (a) it has wholly crossed the goal line or touchline, whether on the ground or in the air, or (b) when the game has been stopped by the referee. The ball is in play at all other times.

Corner Kick
When the ball has wholly 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 on the side the ball went out.

Tournament Rules
The top 4 teams advance to the tournament. The standings will be determined by record (3 points for a win, 1 point for a tie, 0 points for a loss). If time permits, we will occasionally take more than 4 teams to the tournament (ie. We have 5 or more hours of field time).

In case there is a two-way tie between teams, the following tiebreaker system will be used:
~Head-to-head matchup
~If there is still a tie or if both teams played each other twice and both have a 1-1 record we will move on to Head-to-head goal differential (Head-to-head goals scored minus goals scored against)
~Overall season goal differential (Overall season goals scored minus overall goals scored against)
~ If no clear winner is established a flip of the coin will establish the winner.

In case there is a three-way tie between teams, the following tiebreaker system will be used:
~Head-to-head matchup
~ If the winner of the head-to-head matchup can't be determined (ie. 2 teams played each other twice or each team has a 1-1 record), then the head-to-head goal differential will be used and compared for all 3 teams. (ie. Average Goals scored minus average goals scored against). Whoever has the highest average goal differential will take the higher playoff seed.
**Average goal differential will be used when two tied teams in the three-way tie played each other twice. If Team A and Team B played each other twice and Team C only

played each team once, we will use the average score for Team A and Team B's two games. To determine this, we will add up the goals scored for both teams in both games and subtract the goals scored against. This number will then be divided by 2 to determine the average.

****PLEASE NOTE:** If one of these teams in the tiebreaker forfeits anytime during the season, that game will be counted as a 5-0 loss for the forfeiting team.

If a tie exists at the end of a tournament game the game will be decided by going immediately into Penalty Kicks. Each team will pick 5 players to kick alternating shots. At the end of the 5 kicks the team with the most points wins. If a tie still persists sudden death penalty kicks will take place. The same 5 kickers must be used in the same order in overtime PK's until a winner is decided.

All other playoff scenarios that occur will be treated on a case-by-case basis by the Sports Director. The Sports Director has the final say on any disputes and will treat each situation in the fairest and most logical way. Please email Anwar at info@eastlakesoccerleague.com if you have any questions about these rules.