

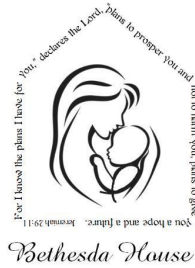
## Bethesda House Soccer Tournament Rules and Regulations

### Number of Players/Rosters

- Number of players on a roster: 12 maximum.
- 7 players on the field at a time 6 field players plus a goalie.
- For co-ed divisions, at least two women (and no more than five men) must be on the field at all times. If only one woman is available, the team must play down a player. A team cannot play with less than 1 woman (e.g. a team cannot play with only five men).
- Games cannot be played with fewer than 5 players.
- A team roster and waiver must be completed/signed and turned in prior to the tournament.
- Only players on the submitted roster are eligible to play in the tournament.
- Players cannot play on multiple teams in the same division.
- A forfeit will be required of a team using a player who is not on the submitted roster.

### The Game

- A size 5 ball will be used during all matches.
- Games will be 25 minutes in duration and the clock will run continuously.
- The game will be played straight through with no halftime.
- The offside rule does not apply in the 7v7 format.
- Games can finish in a tie during group play.
- Each team is expected to provide its own jerseys. Shorts and socks do not have to match and numbers are not required. Home teams are required to change uniforms if jerseys between opposing teams conflict.
- All players must wear shirts (no shirts vs. skins).
- No slide tackling is allowed in any division (except reasonable play by a goalkeeper inside their own box, as determined by the referee).



## Substitutions

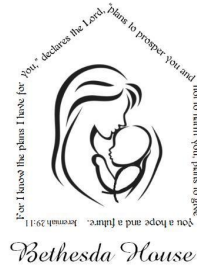
- Teams may sub on the fly at any time during the game.
- The player coming off the field of play must be within 2 yards of the touchline near their team's bench before the new player comes onto the field of play.
- All players should make an attempt to sub near their team's bench unless approved by the referee.
- If subbing on the fly becomes an issue during any game, the referee can impose a rule that he/she must approve all subs.

## Players Equipment

- Shin guards are mandatory and must be completely covered by socks.
- In the event of a shin guard violation, the player will be sent off until properly equipped and the team will be warned.
- In the event of a second violation by any player of the same team during the same match, a penalty kick will be awarded to the opposing team for the shin-guard rule violation.
- All players that are on the pitch must wear shin guards.

## Playoffs

- For any playoff game (quarter-final, semi-final, or championship) that ends in a tie, a five-minute golden goal period will be played.
- If the score is still tied after five minutes, then a three round penalty kick competition will take place. After 3 rounds it will be a sudden death penalty kicks (first team to make it wins).
- For co-ed divisions, penalty kicks must be taken by alternate sexes (male / female / male or vice versa). All team members on the roster must kick (unless injured - ref determines) before a player takes a second shot.



## Forfeits

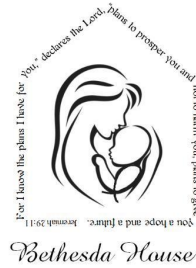
- A forfeit will be awarded if an opposing team is not ready to play within 5 minutes of a scheduled start time.
- The clock starts at the scheduled start time and time will not be made up if a team does show up late.
- A forfeit will go down as a 2-0 win for the team that is there and ready to play
- If both teams do not show, or are not ready to play, neither team will be awarded points.

## Start of Play

- Opposing players must be at least 5 yards away prior to kick offs.
- Restarts do not have to go forward after goals & to start periods. No drop balls in penalty area.

## Fouls & Free Kicks

- All Fifa fouls apply except for offside. The offside rule does not apply.
- All free kicks are direct free kicks.
- Opposing players must remain at least 5 yards from the ball.
- Once the referee signals for play to continue, the kicker has 5 seconds to play the ball.
- Slide tackling is not permitted in any division.



## Goalkeepers

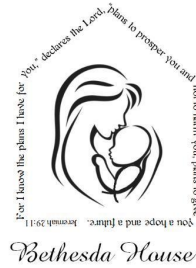
- A goal keeper, having control of the ball in hands, and having released it from his/her hands to be played, either by himself/herself or a team-mate, shall not handle the ball again until it has been touched by an opponent, or a stoppage of play occurs.
- Keepers may not use their hands when a ball is passed back to them by a teammate, unless it is played back to them off a head /chest/knee.
- Once the keeper has handled the ball they have five (5) seconds to put the ball back in play.
- A direct free kick will be awarded to the opposing team at the top of the penalty box if either of these rules are violated.
- Goal kicks may not be played over the half line in the air. Opposing teams will be awarded a free kick from the half line.
- Keepers may not throw or punt the ball in the air over the half line. Opposing teams will be awarded a free kick from the half line.

## Penalty Kicks

- A penalty kick shall be taken at the top of the penalty box.
- All players except the kicker and the opposing goalkeeper must stand outside the top of the penalty area, 5 yards away from the kicker. Players are not permitted on either side of the area.
- On direct kicks opposing players must remain 5 yards from ball.
- Yellow cards will be awarded to players who slow down the flow of the game by not providing the mandatory 5 yards.

## Throw In

- The five (5) second rule also applies for throw-ins.
- The opposing team will regain possession after a five (5) second infraction.
- Keepers may not use their hands when receiving a throw in from their own team.



## Goal Kicks

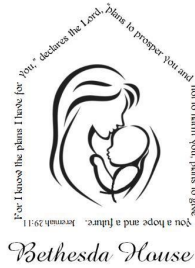
- Goal kicks are taken 1 yard off the end line, anywhere inside the penalty area (one step off goal line).
- Once the ball is retrieved and set, the player has 5 seconds to play the ball.
- A direct kick will be awarded, to the opposing team, at top of the penalty area if the referee feels there is an unacceptable attempt to delay the game.
- Goal kicks may not be played over the half line. Opposing teams will be awarded a free kick from the half line.

## Corner Kicks

- Goals can be scored directly on corner kicks.
- Opposing players must be at least 5 yards away.
- 5 second rule applies.

## Misconduct

- Players ejected from a match for a red card will be suspended for at least the following match.
- Ejections for violent actions including but not limited to fighting may result in suspension for any further play. This will be decided upon by the Tournament Directors.
- Should a player accumulate (2) yellow cards in one match their team will play down one player (of the same sex) for the remainder of that match. The player with two yellow cards must be the player that sits. He/she will also be suspended for the following match.
- Offensive language is considered to warrant a caution card, any language directed towards officials, opponents, or spectators will result in ejection from the game.
- Final decisions regarding length of suspension will be made by Tournament Director.
- Any teams playing with red carded players or players not on their original rosters will be subject to a forfeit, in that game.



## Referees

- At minimum, one referee will be assigned to each match.

## Scoring

WIN = 3 points

TIE = 1 point

LOSS = 0 points

FORFEIT = 2-0 win

## Tiebreakers

- Head to Head.
- Goal differential (goals for - goals against = ?). Top goal differential is 7 goals.
- Goals for.
- Goals against.
- Least amount of cards.