



2024 7 v 7 ADULT SUMMER SOCCER LEAGUE – RULES/GUIDELINES

PLAYERS – should be out of high school. HS age players may play if approved. Matches officiated by the players.

TIME LIMIT – two 25 minute halves, 5 minute halftime

SHOES, SHIRTS – Shall be worn at all times. **SHINGUARDS** – Should be worn

NO JEWELRY – should be removed.

SUBSTITUTIONS – may be made “on the fly”.

KICKOFFS – Ball does not have to go forward. Kickoffs are Indirect

NO SLIDE TACKLES – or slides near players.

FOULS – always result in an Indirect kick.

GOAL KICKS – ball placed on the 6yd line.

NO GOALKEEPER PUNTS – roll, throw or kick the ball to a teammate. Should not land past the half line.

THROW-INS – Laws of the Game apply, no kick-ins

CORNER KICKS – no restrictions; Indirect

OVERHEAD CROSSING PASSES – no restriction.

GOALS – Shots are counted from any location on the pitch. Not counted from a direct kickoff or keeper drop kick.

SHOOTER SHAG – shooter or teammate retrieves the ball. Play may continue with the shooter’s team playing shorthanded. Substitutions can be made when player is back onto the field.

OFFSIDE – players should remain in an onside position when receiving the ball.

CAUTIONS, EJECTIONS – players should continuously show good sportsmanship. If bad play occurs the player will not be allowed to continue in the league.

GOALKEEPER CHANGES – notice should be provided to the opponent.

Games are designed to provide an active and healthy opportunity to be competitive and fun.

Cole Berhorst – JCYMCA Sports Director

Jay Rodieck – JCYMCA Sports Coordinator