

# IRON PEAK 7V7 SOCCER: OFFICIAL RULES

## GAME DURATION & FORMAT

- **Halves:** Two (2) 25-minute halves.
- **Halftime:** 5-minute break.
- **Rosters:** 7 players per team (6 field players + 1 goalkeeper).
- **Substitutions:** Unlimited substitutions allowed at any stoppage of play. Players must enter/exit at the **midfield line**.

## UNIFORM POLICY

- **The Rule:** Players must wear their league-issued team shirt.
- **The Penalty:** Any player entering the pitch without the proper league shirt will be issued a **Yellow Card**.
- **Replacements:** Extra or replacement shirts are available for **\$20**.

## GOALKEEPER RULES

- **Goal Kicks:** Must be taken from within the penalty area.
- **Distribution:** The Goalkeeper **cannot punt** the ball past the midfield line.
- **Throws:** The Goalkeeper **is allowed** to throw the ball over the midfield line.

## FOULS & CONDUCT

- **Slide Tackling: STRICTLY PROHIBITED.** Any slide tackle will result in an immediate foul and potential card at the referee's discretion.
- **Standard Fouls:** FIFA Laws of the Game apply for all standard fouls.
- **Direct Free Kicks:** Awarded for serious fouls (e.g., tripping, pushing, handballs).
- **Indirect Free Kicks:** Awarded for less serious infractions.
- **Penalty Kicks:** Awarded for fouls within the penalty area that deny an obvious goal-scoring opportunity.

## CARDS & DISCIPLINE

- **Yellow Cards:** A warning for unsportsmanlike conduct, dissent, or uniform violations.
- **Red Cards:** Two yellow cards in one game = Red Card. A red card results in immediate ejection and potential league suspension.
- **Sportsmanship:** Zero tolerance for abusive language or fighting toward players, officials, or staff.

## **LEAGUE POLICIES**

- **Roster Lock:** All players must be on the official roster by **Week 3**.
- **Playoff Eligibility:** Players must compete in at least **3 regular-season games** to be eligible for the playoffs.