

Premier Soccer Leagues

Rules and Regulations for

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Rule #1 - Number of Players/Rosters

- Number of players on a roster: 14 max
- 7 players on the field – (6) field players plus a (1) goalkeeper.
- Games cannot be played with fewer than 5 players.
- A team roster must be completed and turned in prior to the tournament/league.
- Only those on the original roster are eligible to play in the tournament/league.
- Players cannot play on multiple teams in the same division.



3 Rule #2 - Field Size and Game Info

- Field size is approximately 180 feet long by 120 feet wide
- Goals are 6 ft. x 12 ft.
- Penalty area is 15 meters x 8 meters
- A size 5 ball will be used during all matches to be provided by the teams.
- Games will be 50 minutes in duration and the clock will run continuously.
- The game will be played in two divided halves with a 5 minute halftime break.
- The offside rule does not apply in the 7v7 format.
- In case of a tie after regulation time during group play, the game will finish as a tie game.
- Each team should bring two sets of matching jerseys (light and dark). The home team (1st team listed) is 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).
- A ball out of play will be thrown in with the players hands.
(Throw-In)



Rule #3 - Fouls and Freekicks

- All 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. ●
- Slide tackling is not permitted in any division (except reasonable play by a goalkeeper inside their own box, as determined by the referee).
- A penalty kick shall be awarded when a handball in the penalty box occurs, or if a player is fouled in the box during an obvious goal-scoring opportunity.
 - A shootout will be awarded after 5 accumulative fouls. All players need to be behind the half field line prior to the ref blowing the whistle.



5 Rule #4 - Team Requirements / Player Requirements

Team Requirements

- All teams are required to show up 10 minutes prior to their games start time.
- A team can start a game with a minimum of 5 players.
- Teams are required to bring a game-playable ball to their game. If a team does not bring a ball, the other team will start the game with 1 goal.(Tournaments are exceptions)
- Teams will play 8 league games and then playoffs if the team qualifies for the playoff spots.(Tournaments are per format)
- Any teams playing with red carded players or players not on their original rosters will be subject to a forfeit, in that game.

Players Equipment

- Shin guards are highly recommended and must be completely covered by socks.

6 Rule #5 - Goalkeepers



Goalkeepers

- A goalkeeper, 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 header.
- Once the keeper has handled the ball they have five (5) seconds to put the ball back in play.
- An indirect free kick will be awarded to the opposing team at the top of the penalty box if either of these rules are violated.
- Keepers may not play throw-ins/kick-ins with their hands.



Rule #6 - Penalty Kicks

- A penalty kick shall be taken at the marked spot inside the goalie box.
- All players except the kicker and the opposing goalkeeper must stand outside the top of the penalty area. Players are not permitted on either side of the area.
- On free kicks, opposing players must remain 5 yards from the ball.
- Yellow cards will be awarded to players who slow down the flow of the game by not providing the mandatory 5 yards.
- If a team needs one more foul to get awarded a **SHOOTOUT** but gets the foul inside the penalty box. The team will be awarded the Penalty, and the foul count will remain the same.



Rule #7 - Throw-ins

- 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/kick-in.
- Goal kicks are taken on the small box inside the penalty area.
- Once the ball is retrieved and set, the player has 7 seconds to play the ball.
- An indirect kick will be awarded to the opposing team at the top of the penalty area if the referee feels there is an unacceptable attempt to delay the game.



Rule #8 - Misconduct

- Players ejected from a match for a red card will be suspended for at least the following match and their team will play short the remainder of the game.
- 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. (Suspension towards player & team may occur depending on severity) (No refund will be given if team is ejected from league due to violence)
- Any player that receives a yellow card will be given a 2 minute sin bin. Their team will play short for 2 minutes or until a goal is conceded, whichever comes first. If a goal is conceded within the 2 minutes, the team can bring on the player back.
- Two yellows and the team will play short for the remainder of the game, same for a straight red.
- Offensive language is considered to warrant a caution card, any language directed towards officials, opponents, or spectators will result in ejection from the game.
- If a player receives a yellow for verbal abuse, aggression, or any act of violence towards an official, these yellows will accumulate. Two yellows in a season will result in a one game suspension,

unless seen other wise.



10 **Rule #9 - Scoring**

- WIN = 3 points
- TIE = 1 point
- LOSS = 0 points
- FORFEIT = 3-0 win (worth 3 points)



11 Rule #10 - Tiebreakers

- Goal differential (goals for – goals against = GD)
- Head to head
- Most wins
- Least # of goals allowed
- Most goals scored
- A five minute sudden death mini game with OT procedures (to advance in the playoffs) or a coin toss to determine seeding in playoffs. If a group has three teams in it, group matches will determine the winner (not the cross-over match). Cross-over matches will count in the determination of wildcard teams only.



12 **Rule #11 - Playoffs**

- For any playoff game (quarter-final, semi-final, or championship) that ends in a tie, the game will go straight to penalties where 3 kicks will be taken by each team. If tied after 3, then sudden death will take place.



13 **Rule #12 - Tournament Group Stages & Playoffs**

- There will be 3 group games guaranteed and the best 2 teams in each group will advance to the playoffs.
- The first place team on group A will play the Second place team on Group B and vice versa for the other teams.
- Incase of a tie, a tie breaker will decide the outcome. ●

Playoff rules are the same for league and tournament play.