

7v7 Rules

1. Games MUST start on time. If you do not have at least 5 players at the scheduled start time, the clock starts. You will have 10 minutes to field a team and play the game. Failure to field 5 players within the allotted time will result in a forfeit and a score of 5-0. If the game does take place the *actual playing time will be shortened* so the game can end at the scheduled time.

2. Players MUST wear shinguards, they are MANDATORY not optional.

3. There is no offsides.

4. Substitutions may be made on any throw-in, corner, goal kick or kickoff. Substitutions on the fly are not permitted.

5. Fighting is not permitted and will not be tolerated!! Fighting will result in removal from the league. **TEAM FIGHTING WILL RESULT IN REMOVAL FROM THE LEAGUE WITH NO REFUNDS!!**

6. Taunting, dissent and unsporting behavior will not be tolerated. Any player taunting another player or verbally abusing game officials will be issued a yellow card. Additionally, the players team shall be penalized by awarding the opposing team a shootout from the 20 yard spot. Shooter may dribble up from the spot and make an attempt on goal. Remaining field players must be behind the midfield line until the shootout begins.

7. Red cards are a serious offence and will be treated as such. Any player receiving a red card will miss a MINIMUM of 1 game, maybe more depending on the offence. Red cards will be reported to the league, failure to give the correct name will result in the team's removal from the league. Team leaders will be notified of the length of any red carded player's suspension. **TEAMS ALLOWING A SUSPENDED PLAYER TO PLAY RUN THE RISK OF BEING REMOVED FROM THE LEAGUE WITHOUT REFUND.**

8. All other standard outdoor rules apply regarding direct and indirect fouls; including no pass back to the goalkeeper and no throw in to the keeper.

9. Uniforms are not required, but teams are required to dress in like colored shirts. Teams should also bring an alternate in case of color conflict. NC does not provide scrimmage vests for teams to wear in case of color conflict.