



SOCCKER 7S LEAGUES RULES 2025

- 40-minute games, 20 minutes per half with 5-minute half time.
- Goalkeeper can leave his/her area but can only handle the ball inside his area.
- 9 players per team with 2 rolling substitutions.
- Kick ins instead of throw ins, you cannot score directly from this.
- Teams are asked to wear a specific colour/strip (bibs can be provided).
- There will be no offsides.
- Players can only play for one team during the league.
- Free kicks will be direct with opposing players being 5 yards away from the ball.
- After a goal, a centre kick off will take place.
- No pass back pickups are allowed.
- If a team fails to turn up it will be an automatic 3-0 victory for the other team.
- A red card will be a suspension for the next game.
- No metal studs or blades are allowed on the 3G surface.
- 1 step allowed for penalties.
- 3 points for a win, 1 for a draw, 0 for a lose
- Foul language or disrespect towards any league officials will lead to a ban.
- Please arrive in plenty time for your allocated fixture.
- Once your allocated fixture is complete, please vacate the pitch promptly.
- Remember this is a fun recreational soccer league please enjoy it that way.