

2016 SUMMER SEVENS RULES OF COMPETITION SUMMARY

Playing the Game:

- No offside's
- No throw-ins – Ball is kicked back into play (Kick Ins are **indirect**)
- All free kicks (awarded for an infringement) are **direct** unless otherwise stated by Match Officials
- Penalties to be taken from the edge of the area (10m)
- Opponents must be **5m away from the ball** at the start of play (free kicks, corner kicks, kick-ins and goal kicks)

Goalkeepers:

- GK must never drop kick the ball
- After gathering the ball with their hands GK's may throw or roll the ball with their hands or place it on the floor and kick it
- For a **Goal Kick** the ball is placed within the penalty area and kicked out of the penalty area
- Goalkeepers can leave the penalty area
- First GK offence for incorrect disposal to be reprimanded, second offence to result in indirect free kick

Substitutions:

- Interchange system (no max number of substitutions)
- You **do not** need to confirm with referee when making substitutions
- All interchanges must occur from the sideline

Players:

- 7 v 7 inc GK's (maximum of 10 players per game)
 - Min 5 players to kick-off
 - Min 3 women on the pitch at any given time for mixed games

Attire:

- **Shin guards are compulsory**
- Matching uniforms not essential:
 - Similar/same coloured tops
 - Shorts/socks can be varied
 - GK must be distinguishable (bib/different shirt)
- Bibs to be provided where there are clashes
- No jewellery or other dangerous items may be worn
- *Fitbit* like devices may be worn for reporting purposes only if permitted by FFV Summer Sevens

Fouls and Misdemeanors

- If a player receives a 2nd yellow card or a direct red card in one game, they will be sent from the field of play with **no replacement player** allowed to enter the field of play
- Further disciplinary action for misconduct may be taken as FFV sees fit
- If no further action is necessary the player is allowed to participate in their next organized fixture

Match Points/Results:

- If team is late for their game by less than 5 minutes they will be penalized a goal
- If the team is not ready to take the field 5 minutes after kick off they will forfeit the game 3-0

Match Duration:

- 2 x 20 minute halves
 - Halves will be shortened if teams do not arrive to pitch on time
 - FFV Venue Coordinator is responsible for changing half duration if necessary
 - Half time is approx 1 minute

**Unless stated above all other rules will follow FIFA Laws of the Game*