

## **SNSA Adult League Men's 7v7 Format Summary of Specific Rules and Regulations**

- 1. Players must be at least 17 years of age in order to play in adult open divisions. (Law 3)**
- 2. Field player substitutions are unlimited and can be made on the fly (with the ball in play). The goalkeeper may only be substituted on a dead ball with referee approval. (Law 3)**
- 3. A team that falls behind by five (5) or more goals may add an additional field player. If the goal differential drops below 5 goals, the additional player must be removed (Law 3)**
- 4. Shin guards are required. (Law 4)**
- 5. A player who receives a yellow card shall be temporarily dismissed for a period of three (3) minutes and cannot be substituted until the end of the temporary dismissal period. The dismissal period ends after 3 minutes or if the opposing team scores a goal. (Law 5)**
- 6. All games are played in two 30-minute halves with 5-minute half-time interval. (Law 7)**
- 7. The Home team takes the kickoff to start the game; the Visitor selects which goal to attack (Law 8)**
- 8. Use a minimum eight (8) yards spacing for all free kicks (Law 8, 13, 14, 17)**
- 9. A player may score a maximum of three goals per game. Any goal scored by a player who has already scored three goals will result in a goal kick. (Law 10)**
- 10. Offside rules are enforced. (Law 11)**
- 11. Slide tackles and sliding in the proximity of another player are prohibited, except for the goalkeeper in the penalty area. (Law 12)**
- 12. The referee has the final say in ALL matters related to the game.**

**PLAY UNDER CONTROL, RESPECT THE REFEREES, RESPECT YOUR OPPONENTS, AND HAVE FUN!**