

APEX 7v7 RULES

Updated April 2026

*****ONLY COACHES MAY APPROACH HEADQUARTERS OR DISCUSS SCORES*****

LET THE PLAYERS PLAY, COACHES COACH, AND UMPIRES OFFICIATE.

- Games will be played with 6 field players and a goalkeeper. If you do not have a goalie you can add an additional field player to make 7.
- Waivers **MUST** be completed in order for any athlete to play.
- Corners
 - Defensive corner units will consist of 4 players and a goalkeeper.
 - Opposing team must return to the opposite circle to run back on a corner.
 - Corner Masks are **MANDATED** for U12 - U19 teams
 - U10 corner masks are optional
- UNIFORMS
 - First Team listed wears light shirts and light socks.
 - Second team listed wears dark shirts and dark socks.
- First Team listed starts with the ball
- Long Hits
 - Will be taken from the 50
 - Must move 5 before entering the circle
- Teams may warm up outside the field only. Teams should be ready to play at game time. Games start on time & run on a central horn.
- Each game will be 25 minutes in length with 2 minutes between each game.
 - No Half Time
 - No Time Outs
- No one is permitted to sit behind goal cages.
- Unsportsmanlike or inappropriate behavior will not be tolerated. Failure to be supportive of athletes, coaches, officials, and teams could result in you being ejected from the fields. **This applies to coaches, players, and**

parents. Please act with sportsmanlike conduct and respect for everyone at the event.

- Penalties:
 - Green Card - 1 minute
 - Yellow Card - 2 minutes
 - Red Card - Out for the remainder of the tournament.

- Win = 3 points | Tie = 1 points | Loss = 0 point
 - (Tie Breaker Protocol)
 - Record
 - Winning Percentage
 - Head to Head
 - Goal Differential
 - Goals Scored
 - Goals Allowed
 - (Max Score Differential Per Game - 8)