



CITY OF OCEANSIDE  
Neighborhood Services Department - Parks & Recreation

City Website: [www.oceansiderec.com/sports](http://www.oceansiderec.com/sports)  
OFFICIAL "HOUSE RULES" AND GAME RULES  
ADULT 7-ON-7 SOCCER

Revised 9-2021

**ROSTER MANAGEMENT:**

- Regular season rosters must be completed and turned into staff before the first regular season game. Players may be added to the roster up to and including the half way point of the season but **must have played in half their teams' games to be eligible for the playoffs.**
  - **Players MUST check in with staff weekly before their game to ensure their attendance for playoff eligibility. Failure to check in will result in the player being ineligible for playoffs. No exceptions!**
    - **If the player is late to the game, it is the responsibility of the team manager to check in the player before they get on the field.**
- A maximum of 14 names may appear on the roster. \*\*See the sports staff on the field for all roster transactions.
- Soccer I.D. cards are required for all players.
- Players can only play on one team in one division
- Playing on two different teams in the same division or playing in two different divisions is **NOT ALLOWED**. Penalty is forfeit for the team due to an illegal player and suspension with a penalty fee for the player!

**OFFICIAL'S FEES:**

- **Teams are required to bring \$30.00 IN CASH ONLY to each game to pay for the referees. Forfeits cost are \$60.00 and must be paid before the next game.**
  - **FORFEIT FEE PROCESS**
    - The league needs a 24-hour notice of a team forfeit in order for the team to avoid a forfeit fee. Any notice less than 24 hours will result in the team paying the \$60.00 forfeit fee.
    - Forfeit fees are **NOT ALLOWED** to be paid to staff. The forfeiting team may pay the referees the forfeit fee on the same date if applicable. You must notify the league if you pay the referees.
    - When a team forfeits, the official score will be written as 1-0.
    - **PAYMENTS**
      - Forfeit fees can be paid over the phone with a credit card
        - Please call League management for payment
          - Erik Milbauer, 760-435-5238
          - Judy Barz, 760-435-5236

- Forfeit fees can be paid at the Beach Community Center with a credit card during our business hours. Please call the sports office ahead of time to check our availability.

### **GAME TIMES:**

- Maximum time is **50** minutes.
- Team managers are allowed a **5** minute grace period to delay the start of the game, but, the official game clock is running while the teams wait for more players.
- If a team cannot field a team after 5 minutes, a forfeit will be declared. You must have 5 players to start a game.

### **DIVISIONS:**

- Division 1: Advanced, Ages 21+
- Division 2: Advanced/Intermediate, Ages 21+
- Division 3: Intermediate, Ages 25+,
  - *Division 3 may have 3 players between the ages 21-25.*
- Division 4: Beginners, Ages 25+
  - *Division 4 may have 3 players between the ages 21-25.*

**FINALS WINNERS:** If a team is winning in the finals back to back seasons they will be forced to move up to a higher division in order to match with better competition.

- **Rule 1: Field of Play**  
The field of play is 80' x 40'. Center line @ 40'. Red lines @ 20'.  
Team benches are on the same side of the field.
- **Rule 2: Game Time & Timeouts**
  - A regulation game consists of two, 25 minutes halves. There will be a five minute break between halves. A running clock will be used at all times.
  - The referee has the official game clock. One timeout allowed per team per half.
  - Games that are tied at the end of regulation will remain a tie unless it is a play-off or championship game. A 5 minute sudden death overtime period will be played if the play-off game ends in a tie.
  - If the game is still tied after the 5 minute overtime period, a tie breaker will take place.
- **Rule 3: The Ball**
  - The ball will be an official soccer ball, size 5. Both teams need to provide an approved ball at every game, the official will inspect the ball.

- **Rule 4: The Players**
  - The maximum number of players allowed on the field at one time is 7, which includes the goalkeeper.
  - The minimum number of players needed to start and play the game is 5. A forfeit is declared five minutes after the game time if a team does not have 5 players. Players can only play on one team each season.
  - Players cannot play on multiple teams in multiple divisions. Players will be suspended if they violate this rule, teams will be charged a forfeit for using an illegal player.
  
- **Rule 5: Players Equipment**
  - All players must have the same color jerseys with a number on it to play.
  - No tape numbers are allowed. Players must also wear shin guards and soccer cleats or sneakers.
  - The goalkeeper must wear a jersey color distinguished from the other team players and referees.
  - Jewelry, piercing items and other accessories are prohibited, they must be removed prior to play. Any other accessory must be approved by the referees before play.
  - Players need to wear the jersey they are assigned on the team roster. Players wearing the incorrect jerseys will result in disciplinary action for the team.
    - Please consult with staff on the field of any issues pertaining to jerseys, jersey numbers or assigned numbers on the roster.
  - If the teams have the same color jerseys, the home team has to wear the practice jerseys provided by the league.
  
- **Rule 6: Substitutions**
  - Each team may substitute players freely throughout the game, provided that each player comes off or enters the field within the Touch line near their team bench, there is a sub box marked at mid-field.
  - Substitutions have to be on the team's respective sides a few yards from the center line. Players cannot exit the field in any other area without penalty.
    - **Any player that violates the substitution rule will have to sit out for a penalized time. Any player involved in an illegal substitution will also serve the penalized time.**
  - If there is an injury, the referee will allow the injured player to receive medical aid and leave the field from the spot where the injury occurred.
  - No substitutions are allowed during the first 5 seconds of a Shootout. Goalie changes can only be made due to an injury, during a timeout, or at the beginning of a period.
  
- **Rule 7: The Referee**

- The decision of the Referee regarding all calls during the game and interpretations of the rules are final. You can contact the office for clarification.
- **Rule 8: Start & Restart of Play**
  - A Kickoff from the Center Mark start play each Half and after every goal.
  - A Player who starts the kickoff may not play the ball again until it touches another player.
  - The Home team takes the Kickoff to start the game and any Overtime period. The Visiting team takes the Kickoff to start the second half. The Referee designates the team's defensive ends, according to house rules.

Restarts take place by either a Kickoff, Free Kick, Goalkeeper Throw-in, or dropped ball. Other than for Kickoffs or as provided below, Restarts occur within three (3') from the spot of the ball at the time of stoppage.

A team receives a Free Kick after stoppages other than when a Dropped Ball or Goalkeeper Throw-in is required. Before the team takes the Free Kick, the ball must be stationary. All opposing players must be at least 15 feet from the spot of (or, if within 15 feet of the opponent's goal, along the goal line). The spot of the Free Kick is that provided above, except:

- a) Within Own box from any spot therein.
- b) Within Opponent's Box: at the Free Kick Mark (Top of the Arch).
- c) Delayed Penalty: (i) according to the ensuing stoppage, as normally Administered, or (ii) in case the defending team obtains possession of the Ball during play, at the spot the original offense. (See Rules where the original offense would have resulted in a Shoot-out.
- d) Kick-In: from the point on the line nearest where the ball crossed over.
- e) Three-Line Violation: from the offending team's Restart Mark.
- f) Superstructure Violation: from the nearer Restart Mark.  
(See unabridged Rules for additional exceptions.)

If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a Dropped Ball. A Dropped Ball caused while the ball is inside a Penalty Arch takes place at the Free Kick Mark. Play restarts with a Goalkeeper Throw-in anywhere within the Penalty Arch after an attacking player has last touched the ball before crossing an end perimeter wall.

- **Rule 9: Ball In & Out Of Play**
  - A Three-Line Violation occurs when a player propels the ball in the air across the two Red Lines and the Halfway Line toward the opponent's Goal without touching another player, the ground, or a Referee on the field of play.

- **Rule 10: Scoring**
  - A team scores a goal when the whole of the ball legally passes over the Goal Line. A goal may be scored directly from a Kickoff or Restart.
- **Rule 11: Fouls & Other Violations**

A **Foul** occurs if a player:

  - a) Holds an opponent
  - b) Handles the ball (except by the Goalkeeper within his Penalty Arch)
  - c) Plays in a dangerous manner
  - d) Slide tackles
  - e) Impedes the progress of an opponent (Obstruction)
  - f) Prevents the Goalkeeper from releasing the ball from his hands

and when a player commits the following in a manner that the Referee considers careless, serious, reckless, or involving excessive force:

- a) Kicks an opponent
- b) Trips an opponent
- c) Jumps at an opponent
- d) Charges an opponent
- e) Strikes or elbows an opponent
- f) Pushes an opponent

**Unsportsmanlike Behavior:** A Free Kick results for the following offenses:

- a) *Leverage:* Using the body of a teammate or any part of the field to gain advantage;
- b) *Encroachment:* Entering the protected area of an opposing player taking A Free Kick (after an initial Warning);
- c) *Dissent:* (i) Referee Abuse; (ii) Breach of Penalty Area Decorum; (iii) Entering the Referee Crease without permission;
- c) *Other:* Behavior which, in the Referee's discretion, does not warrant another category of penalty (e.g., taunting, foul language, etc.).

**Goalkeeper Violations:** The opposing team receives a Free Kick for the Following violations by a Goalkeeper:

- a) ***Illegal Handling:*** Bringing the ball from outside of the Penalty Arch to His hand within it, or receiving the ball again after a Goalkeeper Distribution without the ball having first touched another player (e.g. no drop-kicking or bouncing the ball);
- b) ***Pass Back:*** Handling the ball, having been passed deliberately and directly to him by a teammate; except that he may handle a ball which a teammate passes to him by the head, chest, or knee and without "trickery" (the use of a foot to flick the ball to a head, chest, or knee Before making the pass);
- c) ***5-Seconds:*** Controlling the ball with either his hand or foot inside of his Penalty Arch for over 5 seconds.

**Team Violations:** The Referee issues a Team Penalty for the following

Violations by a team:

- a) **Leaving the Team Bench:** Players leave the Team Bench to join a fracas or confrontation with the opposition or a Game Official;
- b) **Bench Dissent:** After an initial “Warning”, one or more unidentifiable players verbally abuse the Referee.
- c) **Other:** Unsportsmanlike Behavior, which, in the Referee’s discretion, does not warrant another category of penalty.

**Advantage Rule:** The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an exciting offensive advantage.

**Flagrant Fouls:** A Shootout is awarded for the following Fouls committed by a defender in his or her defensive half of the field:

- a) A Foul within the Penalty Arch or Goal for which he receives a Time Penalty;
- b) A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the Goal; and
- c) Any Foul where he or she is the last player on the team between the attacking player with the ball and the Goal.

**Red Card Offenses:** Unless otherwise provided below, the Referee issues a Yellow Card for serious Fouls and for:

- a) Deliberate Handball or Handball by a Goalkeeper;
- b) Goalkeeper Endangerment;
- c) Boarding
- d) Unsportsmanlike Behavior by a player; and
- e) Team Violations

**Cautionable Offenses:** The Referee issues a Yellow Card for reckless Fouls and offenses Described directly above, and for the following:

- a) Second Red Card;
- b) Unsportsmanlike Behavior by any non-player personnel;
- c) Provoking Altercation: Making physical contact with an opponent (e.g., pushing or poking), short of fighting, or using the ball in so doing.

**Ejection Offenses:** A person receives a Red Card for Fouls and offenses described directly above, which the Referee considers violent or use of excessive force, and for:

- a) Third-Time Penalty;
- b) Elbowing: Intentionally elbowing an opponent above the shoulder;
- c) Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
- d) Fighting;
- e) Leaving the Team Bench or Penalty Area to engage in a fracas or confrontation with the opposition or a Game Official;
- f) Extreme Unsportsmanlike Behavior: Committing particularly despicable behavior, including:

- (i) Spitting at an opponent or any persons
- (ii) Persistent use of extremely abusive language or behavior toward a Game Official;
- (iii) Bodily contact with a Game Official in dissent.

## **Rule 12: Time Penalties**

The following penalties apply to offenses for which a Card is issued (subject to further action by the League Director):

- a) **Yellow Card:** 2 minutes for offense. 2nd Yellow Card will result in a red card violation.
- b) **Red Card:** player will face ejection for the game.  
Teams with a red-carded player will have to play without the them, meaning they will play with one less player the rest of the game. No replacement player. All ejections will include a minimum of a one game suspension and possible expulsion from the league (determined by the League Office). All ejected players must leave the field area immediately. Player suspensions start after the suspended player signs the code of conduct and pays their fine.

Players are designated by their teams to serve Time Penalties of their team, their Goalkeeper, non-player personnel, and of teammates who receive Red Cards. Otherwise, the person who commits a carded offense serves the penalty. Players serving Time Penalties serve their Time Penalties, seated, until their expiration and the Referee permits their release.

**Short-Handed Play:** For each Time Penalty being served by a player, his team plays with one fewer field player until its expiration; provided that a team may not have fewer than the minimum required, regardless of the number serving Time Penalties. Should a player receive a Time Penalty, while two or more teammates are already in the Penalty Area, his team continues to play with the minimum while he joins his teammates in the Area.

**Exceptions:** Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

- a) **Power Play Goal:** If a team is scored upon having fewer players on the field of play, due to one or more players serving Time Penalties; a player from the team is released from the Penalty Area into the field of play, unless otherwise prohibited, and the player's Penalty or Penalties are wiped out. If the team has two players in the Penalty Area, only the player whose Time Penalty or Penalties are recorded earlier is affected.
- b) **Multiple Penalties:** If two teammates are serving Time Penalties when another

teammate is penalized, his/her Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired and his Time Penalty is next to begun.

- c) Simultaneous Ejections: When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are not served.
- d) Maximum Time Penalty: No player may receive more than 5 minutes for penalties arising at the same time on the Game Clock, irrespective of the number or nature of accumulated offences or fact that one or more teammates may be designated to serve such time.
- e) End of Game: All Time Penalties carry over between periods and expire at the end of the game.

**Delayed Penalty:** In instances where the Referee would issue a Yellow Card, but for the Advantage Rule, he acknowledges the offense by holding the Card above his head until the earlier to occur of the following:

- a) Opponent's Possession: The team of the offending player gains control of the ball;
- b) Stoppage: The referee stops play for any reason.

Once the play is stopped, the offence is recorded and assessed, as customary. In the event a power play goal, the Time Penalty is not served and the provisions above regarding early release from the Penalty Area remain applicable.

- **Rule 13 - Shootouts and Penalty kicks (after 6 team fouls).**

- **Shootouts:** For a Shootout;
  - a) Any player may take the Shootout;
  - b) All players serving Time Penalties are seated in their appropriate Penalty Area. All players of the attacking team stands behind the Halfway Line and outside of the Center Circle. Players of defending team stands behind the Halfway Line and inside of the Center Circle;
  - c) The ball is placed at the Restart Mark nearer the attacking Goal;
  - d) The Goalkeeper has at least one foot on his Goal line and may not move off of it until after the Referee whistles the shootout to begin;
  - e) Once the Referee whistles the Shootout to begin, the ball is "in play" and the player taking the Shootout has to play the ball within 5 seconds. The player can dribble the ball, but, time limited up to a total of 5 seconds.
  - f) If the goalie fouls the kicker inside the goal box a P.K. shot is then awarded.

**Penalty kicks:** A Penalty Kick precedes the same as a Shootout except:

- a) The ball is placed at the Free-kick Mark;
- b) The Goalkeeper has at least one foot on his Goal Line until the ball is in play;
- c) The player taking the Penalty Kick may not touch the ball until after touching another player.

### **Soccer Player's Code of Conduct:**

Players playing in the City of Oceanside's Parks & Recreation Adult Women's 7-on-7 Soccer League, will sign and agree to abide by the rules and guidelines listed below. Failure to comply with these rules will result in a fine, suspension, and possible dismissal from the program!

- 1) Agree to represent the City of Oceanside and its Parks and Recreation Department in a positive, controlled and fair manner at all times.
- 2) Agree to respect all game officials, scorekeepers, staff members and league directors at all times. No cursing, screaming, fighting, trash talking or verbal abuse will be tolerated at any time.
- 3) Agree that all friends and family members will stay on the opposite sideline of the players during play.
- 4) Agree that if I'm Red Carded for any reason, I will be suspended for a minimum of one game and will remain suspended until I pay a \$20 fine in person at the Junior Seau Beach Community Center. If I throw a punch or engaged in fighting then a two game suspension will be required and meeting with the league Supervisor is required. Failure to comply with the fine, suspension, and meeting results in 1 year off.
- 5) Agree that if I'm Red Carded twice in the same season I will be suspended for the remainder of the season, pay a \$40 fine, and be out for the entire season that follows. Reinstatement will be pending.
- 6) Agree that if two players are involved in an altercation and I become involved in a violent manner, I will be suspended for the remainder of the season and pay a fine of \$40. Reinstatement will be pending
- 7) Agree to refrain from the use of drugs, alcohol and tobacco while participating in league play.
- 8) Agree that if I approach an opponent after the game has concluded in a confrontational manner, I will be fined \$40 and suspended for the remainder of the season. Reinstatement will be pending.

***All players/coaches that are found to be in violation of any of these rules will need to pay a fine of \$20.00 in person at the Junior Seau Beach Community Center during business hours. Please call the sports office ahead of time to check availability. All fines MUST be paid by card, no cash accepted.***