

GoodSports USA

Men's Over 30/40 7v7 Soccer League Rules

Registration/Organizational

The team's captain/contact must register the team online or in person using Dash software.

A minimum deposit of \$100 is required. The rest of the team's balance is due at the first game.

We accept individual players' payments towards a team balance for convenience, but the team captain is ultimately responsible for paying the team fee. GoodSports is authorized to charge any balance to the team captain if necessary.

Teams may submit scheduling requests at time of registration. We will try to honor scheduling requests whenever possible, but they are never guaranteed. Only the team captain can submit a scheduling request.

Game times cannot be changed once the full season schedule is released.

The team must pay the referee fee in cash prior to the game.

Teams must wear matching-colored shirts at every game. Teams should have a backup color ready in order to avoid having to wear pinnies.

Teams that forfeit a game are responsible for paying a \$40 forfeit fee when the forfeit results in no game being played.

Zero-tolerance policy: Any verbal or physical abuse towards a referee or any other GoodSports USA staff will not be tolerated. Doing so will result in ejection from the facility and possible suspension. This goes for all players, coaches, and spectators before, during, or after a game.

Team Roster

All players must be registered to the team's roster in Dash to play. Teams may have a maximum of 14 players on their roster and are recommended to have a minimum of 10.

For the Over 30 league, all players must be at least 30 years old. For the Over 40 league, all players must be at least 38 years old. Goalkeepers are the only exception for both leagues and must be 18+.

Rosters can be updated up until week 5 of the season. After week 5, rosters are locked and no changes can be made.

Non-rostered players are not permitted to play. Doing so may result in a forfeit loss. A backup goalkeeper is an exception.

Any issues with non-rostered players playing for the opposing team should be brought to the attention of GoodSports staff prior to the game.

Gameplay

League is played 7v7, 6 field players and 1 goalkeeper.

Indoor league (fall – spring) is played on the blue turf field in the bubble. The white “ceiling” of the bubble is in play except for the area behind the 2nd to last row of lights on each end above the 18s. Hitting the ceiling or lights in these areas will result in a corner or goal kick.

The blue side walls of the bubble are not in play. The lights are also not in play. Hitting the lights will result in an indirect kick for the opposing team at that spot.

All free kicks are indirect except for corner kicks and kickoffs. “Walls” and other defenders can be no closer than 5 yards during free kicks.

Kickoffs can go directly back.

There is no offside.

Slide tackling is not allowed. Sliding to save a ball from going out of bounds or into the goal is allowed when no other players are within reach, at the referee’s discretion.

Fouls inside the box result in a penalty kick.

Penalty kicks are taken from the 18.

Teams can substitute on the fly. Substitutions should be made near the team bench and cannot result in an advantage.

Goalies may not punt or dropkick the ball. The penalty is an indirect kick for the opposing team at midfield.

Goal kicks and throws may not land past midfield without hitting the ground or a player first. This will result in an indirect free kick from midfield for the opposing team.

Goalies have possession with one hand on a stopped ball.

The clock is running time and will not be stopped or adjusted unless deemed absolutely necessary at the referee’s discretion. (Ex. Serious injury, leading team deliberately wasting time etc.)

In general, teams need to take their restarts within six seconds. The referee may begin a countdown if necessary and award the ball to the opposing team.

The ball must be completely over the goal line before the buzzer sounds to be counted as a goal.

Yellow cards result in the player sitting and the team playing short a player for 2 minutes once play resumes. A goal being scored by the opponent does not end the penalty.

Red cards result in the player being ejected from the game. They must leave the facility immediately. Any resistance or further altercation will result in suspension for future games. The team must play short a player for the remainder of the game.

Players who receive a red card may be suspended an additional game(s).

Overtime

Regular season games can end in a tie and will not have overtime. Playoff games will go directly to 3-player penalty kicks. If still tied, proceed to sudden death penalty kicks..

Standings

Teams will be ranked on the league standings & schedule page by points.

Teams will receive 3 points for a win and 1 point for a tie.

Tiebreaking procedures follow this order: 1st = Most Points, 2nd = Head to Head Win, 3rd = Goals Against, 4th Goals For. This promotes defense rather than running up the score against weaker opponents.