



SWOT - 7 v 7 OUTDOOR SOCCER LEAGUE RULES

THESE RULES WILL BE STRICTLY ADHERED TO AND MAY NOT BE CHANGED.
THE REFEREES HAVE BEEN INSTRUCTED TO FOLLOW THESE RULES.

Unless otherwise noted, **FIFA Laws of the Game** will be in effect. These laws can be accessed on the official FIFA website: <http://www.fifa.com/aboutfifa/officialdocuments/doclists/laws.html>

1. Game Times

- 1.1** All games will start at the posted time on the schedule. Games will end within two hours of start time.
- 1.2** Teams will be allowed a ten-minute grace period to field the minimum number of players before forfeiting the game. (See section 3)
- 1.3** Teams failing to have a minimum number of players to start will lose by forfeit 2-0. (See section 2)
- 1.4** Games will be 2 x 45-minute halves, with a five-minute break between halves.
- 1.5** Teams must change ends at half-time.
- 1.6** All games will be played as scheduled unless:
 - o At the discretion of the referee, postponement is necessary due to bad weather or field conditions.
 - o A game is postponed at the discretion of the league.
 - o A game is postponed at the discretion of the park official.
- 1.7** A game is deemed to be complete if 60 minutes has been played when the game official calls it, due to weather or playing conditions.
- 1.8** Under no circumstances will teams be allowed to postpone games.

2. Forfeit Rules

- 2.1** As per rule 1.3, any team failing to field the minimum number of players to start will lose by automatic forfeit and the opposing team will be awarded a 2-0 win.
- 2.2** If a team has enough players to field a team and declares a forfeit the score will be 2-0 for the opposing team.
- 2.3** Any forfeit after kick-off will award the opposing team a 2-0 win or the score as it stands, whichever is higher. A forfeit after kick-off negates rule 1.7 above.

3. Number of Players on the Field

- 3.1** Teams will field no more than 6 field players and 1 Goalkeeper (Total 7).
- 3.2** Teams must have a minimum of 4 players to start.

4. Player Equipment

- 4.1** The Club will provide each player on a team with a blue and red jersey for the outdoor session.
- 4.2.** Players are to wear a jersey, shorts, socks, shin-guards and either running shoes or rubber studded soccer shoes.
- 4.3** Socks must cover the full shin-guard.
- 4.4** Players without shin-guards will not be permitted to play.
- 4.5** Goalkeepers must wear a contrasting jersey, which must also contrast the opposing team.
- 4.6** Metal or any other type of hard material health accessories;
 - 4.6.1** Knee brace(s) with hard components must be covered.



- 4.6.2 Hard casts are NOT permitted, covered or not.
- 4.6.3 Soft casts must be covered.
- 4.6.4 Players must have shin-guards when using these accessories.
- 4.7 Jewelry is not allowed (including hairpins of any kind). TAPING jewelry does not equate to NO jewelry, so it is not allowed either. Players on the field with jewelry will be removed from the field immediately and not permitted to return to active play until all jewelry is removed.

FIFA rules regarding jewelry are as follows:

- 1) Player must not use equipment or wear anything that is dangerous to herself or another player (including any kind of jewelry).
 - 2) All items of jewelry are potentially dangerous. The term “dangerous” can sometimes be ambiguous and controversial, therefore in order to be uniform and consistent, any kind of jewelry has to be forbidden.
 - 3) Players are not allowed to use tape to cover jewelry. Taping jewelry is not adequate protection.
 - 4) Rings, earrings, leather or rubber bands are not necessary to play and the only thing they can bring about is injury.
- 4.8 Wearable Devices Rule: Players may wear fitness trackers, smartwatches, or similar wearable devices during training or matches only if the device is fully covered by an appropriate protective sleeve or band. The device must not pose a safety risk to the player or others on the field. The referee has authority to inspect and disallow any device deemed unsafe.
- 4.9 Eyewear and Player Safety
Players who require corrective eyewear for medical or safety reasons are permitted to wear glasses during matches, provided that the eyewear meets the following safety requirements:
- 4.9.1 Protective Design: Glasses must be sports-rated or made of shatterproof, impact-resistant material (e.g., polycarbonate lenses).
 - 4.9.2 Secure Fit: Eyewear must be properly secured to the player’s head using a strap or band to prevent slipping or falling off during play.
 - 4.9.3. No Sharp Edges: Frames must not contain sharp edges, exposed metal, or protruding parts that could cause injury to the player or others.
 - 4.9.4 Referee Approval: The referee has final authority to determine whether the eyewear is safe for play. Any eyewear deemed unsafe must be removed before the player is allowed to participate. The league is not responsible for damage to eyewear worn during play.

5. Referee Decisions

- 5.1 All Referee decisions are final.
- 5.2 The Referee has the right to eject any Coach, Assistant Coach, Player and/or Spectator from the field if they are abusive towards the referee or players or should they persist in arguing any decision or should they deliberately interfere with the progress of a game.
Referees do not have 360-degree vision, nor do they have an aerial view of the game, so it is possible that a spectator may see something that is out of view of the referee. Referees are attentive to the game and call what they actually see, not what anyone else sees. No one should display opposition to the referee's call (which, in any event, cannot be changed after play has resumed). Coaches are responsible to inform players and spectators of this requirement.
- 5.3 There will be **no offside** rule while playing in the 7v7 format.
- 5.4 Any Coach, Assistant Coach and/or Player wishing to complain in regards to the performance of any

Referee may do so in writing by completing a “Thumbs up/Thumbs Down” suggestion form and submitting to the SWOT Chair. These forms are available on the website. A response will be given prior to the next scheduled game.

6. Fouls and Rough Play

6.1 If a player commits a foul outside of the penalty area, as determined by FIFA rules, a free kick will be awarded.

6.2 Rough play in a game will result in the following penalty (in the order specified):

6.2.1 First offense – a yellow card

6.2.2 Second offence – red card, expulsion of the player for the remainder of the game, and possibly also additional post-game disciplinary action (see SWOT discipline procedures).

6.3 Infractions that are red card offences and may result in game suspensions and/or the immediate dismissal of any Coach, Assistant Coach, Spectator, and/or Player for the remainder of the outdoor season:

- o Fighting
- o Spitting on someone (opponent, teammate, referee, spectator or anyone else)
- o Repeated excessive roughness
- o Violent conduct (e.g. punch, slap, kick someone)
- o Insulting, abusive language and/or gestures
- o Direct attempt to injure another player (e.g. tackle or push someone with the intention of hurting them)
- o Handle the ball to prevent an obvious goal.
- o Commit a foul to prevent a goal scoring opportunity

6.4 Denial of an obvious goal-scoring opportunity

6.4.1 Where a player denies the opposing team a goal or an obvious goal-scoring opportunity by a deliberate handball offense, the player is sent off and receives a red card.

6.4.2 Where a player commits an offense against an opponent within their own penalty area, which denies an opponent an obvious goal-scoring opportunity and the referee awards a penalty kick, the offending player is cautioned (yellow card) unless:

- o The offence is holding, pulling or pushing or
- o The offending player does not attempt to play the ball or there is no possibility for the player making the challenge to play the ball or
- o The offence is one which is punishable by a red card wherever it occurs on the field of play (e.g. serious foul play, violent conduct etc.)

In all the above circumstances the player is sent off (red card).

6.5 Penalty shots will be taken from centre field by the player who was awarded the PK if able. There will be no goalkeeper in the goal. The game will resume at centre field if a goal was scored or with a goal kick if a goal was not scored.

6.6 For more detail, please refer to the SWOT discipline procedures.

7. Referee No-Show

7.1 In the event of a referee no-show, the game may continue with each coach providing a referee for one half of the game or both teams agreeing to self referee. Coaches should report the referee no-show to the Referee Coordinator.



8. Injuries

8.1 Players should stay down if they are injured to the point that they feel that they can no longer continue

to play. The referee will stop the game at an appropriate point so that the coach may assess the extent of the injury. The player must leave the field of play if they are unable to continue, as soon as they are able to do so, given the nature of the injury. A substitute player can then come on, with the permission of the referee.

8.2 The referee may also stop the game immediately if, in his opinion, a player is injured seriously and should leave the field of play.

8.3 Play will be restarted with a drop ball at the location where the ball was when play was stopped. Coaches should encourage players to let the team that had possession of the ball regain possession.

8.4 Coaches should encourage players to stop the play, by kicking the ball out of play, when they see an injured player. When the play is restarted, the players should let the team that had possession of the ball, regain possession.

9. Player Substitutions

9.1 Each team may have up to 12 players (7 on the field and up to 5 substitutes). All players are entitled to equal game time.

9.2 Player substitutions will occur on the fly.

10. Sliding

10.1 Slide and/or slide tackles are not allowed and will be treated as a foul.

10.1.1 If, in the opinion of the referee, the slide merely contravenes the league rule of not permitting ANY “slides” and there is no contact with an opponent, an **INDIRECT** free kick will be awarded to the opposing team from the point of the offense.

10.1.2 If, in the opinion of the referee, the slide is from behind and/or results in contact with an opponent, the player committing the offence will be dismissed for “serious foul play” AND a **INDIRECT** free kick awarded to the opposition – PENALTY kick if committed in the penalty area.

11. Attendance

11.1 Coaches/coordinators are required to record the attendance on the game sheets.

12. Weather

12.1 Games will be played in the rain and will only be cancelled in the event of lightning or other conditions that in the referee’s judgment could harm the participants.

12.2 Games lost to the weather or other issues (e.g. Town of Ajax field closure) will not be rescheduled.

12.3 In the absence of a Referee, games can only be cancelled at the mutual consent of both coaches.

13. Coaching Territory

13.1 Coaches may select either side and should limit their movements to a single half of the field. They may not go into an opposing coach’s territory. This will prevent players being confused by coaching calls coming from the same direction.