



## **Howe Sound Soccer League**

### **Summer 7s Coed Rules**

Summer 7s Coed is intended to be a fun, friendly, and recreational soccer league. Players are responsible for being respectful, playing fair, and assisting in making honest calls during the game. The following rules apply:

1. All players must be registered, and all players must be noted on the team roster for each game.
2. You may have a total of 16 players on your team roster.
3. The minimum age requirement for the Summer 7s Coed league is 18 years old.
4. A minimal of three (3) women must always be on the field (not including the goalkeeper, who can be either male or female).
5. All teams are allowed to use the Player Pool policy if a team is short players for a game.
6. All players are allowed one yellow card infraction per season with no fine. Any additional yellow cards will incur fines as per Article 4 of the HSSL Policies and Procedures.
7. Coed teams will not pay fines or administrative fees for forfeiting due to lack of players.
8. Slide tackling is forbidden. Any slide tackling will result in a minimum of a yellow card.
9. No offsides.
10. No drop-kicks by the goalkeeper or goal kicks over the halfway line.
11. Substitutions shall be on-the-fly from the half field line.
12. Game scores will not be recorded by the League. A win (no matter the score) will be recorded as 1-0; and a tie as 0-0.
13. Games are 7 v 7 and 60 minutes (two 30-minute halves), all other FIFA rules apply.

Any questions please email [info@howesoundsoccer.com](mailto:info@howesoundsoccer.com)

Adopted: