

Rules and regulation for the 7 vs 7 tournament format - BA CUP 2023

The 7 vs 7 format respects as much as possible the FIFA regulations for 11 vs 11. However, there are some differences in which the rules are adapted to meet the special characteristics of the smaller 7 vs 7 format.

It is required that every registered player playing 7 vs 7 read and become familiar with the following regulations.

RULE No. 1. BALL AND GOAL MEASUREMENTS.

A size 4 ball with full bounce will be used for all youth age groups (including Girls U12 and U16 age groups).

A size 4 ball with half bounce will be used for the Women open age & Men Over 30, Over 40 and Over 50 age groups.

Goals have a measurement of 5 x 2 meters for the Boys 2011-2012 age group..

Goals have a measurement of 4,30 x 2 meters for the following age groups: 2013-2014 & 2015-2016.

Girls U12, Girls U16, Women Open Age, Men Over 30, Over 40 and Over 50 could play in both goals.

RULE No. 2 NUMBER OF PLAYERS.

The game will be played by two teams made of **SEVEN** players each, of which one will be the goalkeeper. The game will not start if one of the teams has less than FIVE players.

Teams will be able to make as many substitutions as wanted. The player that was replaced can enter the game once again only when the referee allows the substitution.

SUBSTITUTION WITH RE-ENTRY.

The coach can be within the coaching area, outside the field, to give instructions to the players.

If a team has players sent off or injured, and is left with four players on the field, the game will be finished, and the winning team will be the one without expelled or injured players.

Men O60, O50 and O40 teams are allowed to have a maximum of 2 (two) players that are up to 2 years younger than the age group they play in.

Players born in 1973 (O50 age group), 1983 (O40 age group) and 1993 (O30 age group), are able to play in their corresponding age group as long as they turn the minimum age in the calendar year.

For example, a player that turns 50 the year of the tournament can play on the over 50 team even if he is yet to turn 50 by the time of the tournament. Such players are not considered exceptions per the rule stated above.

RULE No. 3 GAME DURATION.

- Boys 2015-2016 age group: The game's duration is 40 minutes, divided in two 20-minute halves.
- Boys 2011-2012, 2013-2014, Men O60, O50, O40 & Girls U16: The game's duration is 50 minutes, divided in two 25-minute halves.
- Women open age group: The game's duration is 60 minutes, divided in two 30-minute halves.

There will be a **5-minute** halftime to switch sides.

Note: During finals, 5 minutes will **NOT** be added.

RULE No 4. THE GAME. START AND RESUMPTION.

4.1 In the beginning of a game, or after a goal from any team, the game will resume with a free kick forward from the middle of the field.

4.2 When the game is in play, if the goalkeeper takes the ball in his/her penalty area, the player can continue playing the ball only with his/her hands. Afterwards, the goalkeeper can continue to play outside the penalty area with his/her feet.

4.3 **GOALKEEPER DROP KICKS ARE NOT ALLOWED.** It is not allowed for the goalkeeper, with the ball in his/her hands, to drop kick the ball or to throw the ball to a team member to volley from the air.

RULE No. 5 GOAL KICK AND THROW-IN.

When the attacking team kicks the ball out of bounds behind the goal line, it will result in a goal kick. The goalkeeper, or any other player from the same team, can make the kick by laying the ball on the field, from any point within the goal area. **IT IS NOT ALLOWED FOR THE KICK OFF TO CROSS THE HALFWAY LINE OF THE FIELD IN THE AIR.** During the goal kick, once the ball is in the area, the closest opposing player must respect the 5-meter distance from the ball.

Throw-ins must be made with both hands, and it CANNOT directly enter the opposing team's goal area, but the ball can go over the goal area. If the ball does enter the goal area directly from the throw in, the defending team will be granted a throw-in from the midfield line.

RULE No. 6 FOULS AND FREE KICKS.

Free kicks can be direct or indirect.

All players from the team that made the foul must remain at a distance of no less than 5 meters from the ball before the free kick.

7 vs 7 respects the FIFA rule #12 (Fouls) for 11 vs 11 soccer games. However, the following points must be considered:

- An indirect free kick will be given to the rival team if a goalkeeper commits, within his area, the following infractions:
 - Takes longer than six seconds to play the ball after having the ball in his/her hands.
 - Touches the ball again, with his/her hands, after playing the ball without any team members having touched the ball.
 - Touches the ball with his hands after a team member passes the ball with his/her feet.
 - Touches the ball with his/her hands after a direct throw-in from a team member.

- An indirect free kick will be given to the rival team if a player (not the goalie), and according to the referees' judgement, commits the following:
 - o Plays in a "dangerous" way.
 - o Slide tackles INTENTIONALLY while going after the ball (SLIDE TACKLES ARE NOT ALLOWED).

THE SLIDE TACKLE IS CONSIDERED A FOUL BECAUSE IT MAY CAUSE INJURY TO THE RIVAL, REGARDLESS IF CONTACT IS MADE.

THE ONLY SLIDE TACKLE ALLOWED IS THE ONE MADE BY A GOALKEEPER WHILE GOING AFTER A BALL WITHIN HIS/HER AREA. OUTSIDE THE AREA, THE GOALKEEPER IS CONSIDERED A REGULAR PLAYER.

A indirect free kick granted within the goal area will be executed from the closest place to the infraction was made, by placing the ball on the line of the goal area.

- The goalkeeper cannot touch the ball again with his/her hands after having put the ball in play until another player touches the ball.

RULE No. 7 PENALTY KICK.

- A penalty kick will be given after direct free kick foul is made by the defending team within its own area.

Observation

ANY OTHER NON-SPECIFIED RULE WILL BE EQUIVALENT TO FIFA 11V11 REGULATIONS.