



HIGH COUNTRY SOCCER ASSOCIATION

7V7 HIGH COUNTRY ADULT LEAGUE RULES

High Country Adult League will conform to FIFA Laws of the Game with the following modifications.

All Divisions

- LAW 1** The field will be 76 yards long by 54 yards wide. Goals will be 7 feet tall by 7 yards wide.
- LAW 3** Teams will be composed of 7 field players on the field (6 field players & a goalkeeper) with a maximum roster size of 15 players. The minimum number of players to field a team is 5.
- LAW 6** There will be no Assistant Referees used.
- LAW 7** The match lasts two equal periods of 30 minutes with a 5 minute half-time interval. Two 5 minute overtime periods will be played for league playoffs if necessary. Penalties will follow if necessary and will conform to FIFA Laws of the Game.
- LAW 16** Goal kicks must touch either the ground or any player prior to crossing the halfway line. An indirect free kick is awarded on the halfway line for any infraction.
- OTHER** Players participating in the AMB Premier League 7v7 adult league may not participate on more than 1 team during the same season.
- OTHER** If a team does not have enough players to field a team, the match is a forfeit and the winning team is awarded a 5-0 win. If the forfeiting team has had any past game forfeitures within that season, they will be fined a \$60.00 forfeiture fee.

Gold Division Only

- LAW 5** Each match will be controlled by two referees using the 2-man system
- OTHER** Goalkeepers will not be permitted to punt, drop-kick or throw the ball from their hands across the halfway line without the ball first touching the ground or any player. An indirect free kick is awarded at the halfway line for any infraction.

Silver & Bronze Division Only

- LAW 11** This law will be omitted, there will be no offside.



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- OTHER** Goalkeepers will not be permitted to punt or drop-kick the ball from their hands across the halfway line without the ball first touching the ground or any player. An indirect free kick is awarded at the halfway line for any infraction.
- OTHER** There shall be no slide tackling permitted (except by a goalkeeper in an attempt to make a save). This does not prevent players from sliding to stop or intercept a ball, but no contact can be made with opposing player sliding for the ball. Infringement will result in a direct free kick for the opposing team.
- OTHER** Any male under 30 years of age who has played competitive soccer at the college level or higher may not participate in the Silver or Bronze Division.

PROCEDURES TO DETERMINE THE WINNER OF A MATCH

- Games requiring a winner will be decided with consecutive 5 minute golden goal overtime periods.

TIE BREAKERS

- For league play, 3 points will be awarded for a win, 1 point will be awarded for a tie, and 0 points for a loss. In the event of a forfeit the score will be recorded as 5-0
- For the purposes of breaking ties at the end of the league stage, the following will determine tie breakers.
 - Head to head winner.
 - Goal Differential – Limit +5 per game
 - Goals allowed
 - Goals scored
 - Coin toss

Over 30 (o-30) Division Rules

- ALL players, male or female, on the roster must be over 30 years of age at the time they sign the roster
- The o-30 Division will follow all game rules and regulations of the HCSA Adult League Silver Division
- The o-30 Division will follow all established Dual Roster Rules



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Dual Roster Rules

- Dual Rostered Players must pay the FULL registration fee for each team they wish to play with
- Dual Rostered players may only play down one (1) division level and may only be rostered on a maximum of two (2) teams AND an o30 team if eligible
- The highest division team a player is rostered on will be considered his/her primary team:
 - Gold > Silver ; Silver > Bronze ; Gold/Silver/Bronze > o-30
- Over 30 (o-30) players dual rostering may play in Gold, Silver, OR Bronze as their primary league
 - If a player is dual rostered with an o-30 team, the o-30 team will automatically be considered their secondary team.
- No team may have more dual rostered players from a higher league:
 - 1 of 0-10 rostered players
 - 2 of 11-14 rostered players
 - o-30 may have unlimited dual roster spots as this division is always considered the secondary division for all dual rostered players
- If a dual rostered player is playing in a way that is not aligned with the skill/ability of their secondary team and the division of that team, the HCSA Adult League Commissioner reserves the right to remove said player from their secondary roster.