

Van Soccer 7x7 Adult League

DATES:

SUMMER: Starts : MAY 22
End Date JULY 10

DAYS/TIMES:

Sundays 1:30PM-4:30PM

FEES:

\$450 per team (Ex. \$35/Player @ 13 Players max)

REGISTRATION

STARTS: MAY 1

ENDS: MAY 15

\$100 team deposit upon registration (Balance due by first game).

LEAGUE HIGHLIGHTS

- [League plays next to the Concession Stand](#)
 - Guaranteed 8 scheduled games
 - Games are 50 minutes running time
 - Standings & schedules posted on our website
 - All teams MUST wear matching color shirts
 - MUST BE AT LEAST 18 YEARS OF AGE
- We don't like hassle – fun is our number one priority during van adult league competitions
 - To prevent injuries shin pads are strongly recommended
 - A 7 vs. 7 team consists of 6 outfield players and a goal keeper

- Let's keep up the pace: matches are made up of two 25 minute halves with a 10 minute break between them
- Let's skip cardio. Matches are played on a half-sized soccer field.
- Keep your distance: players must be 7m (7.7 yards) from a free-kick.
- Goals are typically 16 ft x 6.5 ft.

Roster Information

- Since we're an adult soccer league, players under the age of 17 are ineligible to play in the league. 18 and older are good to play.
- Teams can have a maximum of 13 players.
- If there is a suspicion of an illegal player, the REF has the right to take appropriate action. At minimum, the illegal player(s) must be removed for the duration of the match. A violation may result in the game being forfeited. Let's not go there, okay?

Most important rules

- Let's not break each other's arms or legs, play nice
- Sometimes it's OK to follow the rules – so yeah, follow the general soccer rules
- Sliding when there's another player nearby is not cool, so don't do it.
- If you slide with another player around it is punished by an indirect free kick
- A foul slide tackle is punished by a direct free kick
- Goal keepers are the exception to this rule. They are free to slide as long as it's not dangerous.
- Back passes may not be handled by the goal keeper
- Free kicks are in-direct unless the referee says otherwise
- Free kicks may be taken immediately unless the referee says otherwise.
- Be on time: A team that is 10 minutes late begins 1-0 behind, a team that is 15 minutes late loses the game 5-0. Show up early to stretch and catch up with your team, and avoid penalties.

Discipline

- Believe us when we say: you don't want a yellow card. A player who receives a yellow card will be sent from the field for 3 minutes and the team must continue minus one player. Say goodbye to those beers your teammates promised to get you after the match. Ouch.
- Didn't learn your lesson? A second yellow card results in a red card and the team has to play the rest of the game minus one player. Well done, bro.

- Red cards have consequences. You'll be suspended for one game, at a minimum, depending on the type of offense.
- If your team really goes crazy and receives 2 red cards, the match is ceased and the game is forfeited
- Violence is not our thing. Punishments range from long term suspensions to permanent exclusion, depending on the offense. So, keep the brawling for your kick boxing classes.
- Remember that the referee is always right. Treat him with respect.