



7v7 ADULT SOCCER FEST PLAYING FORMAT & RULES

CHECK IN REQUIREMENTS

- Refs will have printed copy of team roster at each game.
- Players will check in 10 minutes prior to kick-off

Duration of Game:

- Two 30-minute halves
- 5-minute Half-Time

Number of Players:

- Team roster limited to 15 players, all of whom are eligible to suite-up for each mach.

Ball: Each team will be supplied with two size 5 game balls which should be used for all matches.

Field Dimensions: 70x55 Yards

Goal Size: 7x21

Throw-ins: Yes

Team Areas:

- Player & Coach Sideline
 - ONLY rostered players and officials allowed

Substitutions: Can be made on any stoppage with the referees permission

Player Equipment:

- **Uniforms:**
 - Players should have the same jersey color with numbers on back
 - Home Team will change if there is a conflict in jersey color with away team (Home Team is listed first)
- **Shin Guards:** Players must wear shin guards covered by long socks.

Offside: No Offside Rule will apply

Fouls & Misconduct:

- **Goalkeeper may punt in own half.** If the goalkeeper punts (volley or ½ volleys the ball from hands) into the opposing half, the other team shall be awarded an indirect free kick on the center spot (halfway line). Restart with indirect free kick.
- Slide tackling: Is allowed

Free kick

- Indirect & direct free kicks to be given in accordance with the laws of the game.
- Opponents must be 8 yards from ball.

Penalty Kick:

- Taken from 8 yards out
- Goalkeeper must keep one foot on goal line

Point System:

- **Competition shall be based on a ten (10) point system**
 - 6 points for a win
 - 3 points for a tie
 - 1 point for a shutout
 - 1 point for each goal up to a total of 3 win or lose.
- The maximum possible points per game is 10 points. Forfeits shall be scored as 1-0 with 10 points awarded.

Tie Breaks:

- The following sequence shall be used to break ties in the standings. For a three or more way tie; after the first tie is broken the tiebreaker shall start at the beginning to break the next tie.
 1. Head to head
 2. Goals Against
 3. Goals for
 4. Fair Paly
 5. Toss of a coin

Overtime/Extra Time:

- In the event a semifinal or final round match is tied at the end of regulation periods the winner will be determined according to the FIFA method of obtaining a result in knock-out competition in effect at the time of the competition. In the event of a playoff game being tied at the end of the regulation periods, a ten (10) minute overtime period, which is divided into two (2) periods of five (5) minutes, shall be played. Tied playoff games after overtime will be decided by penalty kicks.

Team & Player Eligibility:

- To be eligible to play in an Adult Soccer Fest – Competition all players must meet the eligibility criteria relating to age and registration status.
- Players must achieve the required age for participation in the competition any time during the calendar year the competition occurs.
- Players must submit proof of age to USASA during the registration process.
- Each player must be rosted with a team or teams by the competition deadline.

- A player shall not play for more than 1 team in the same division. **A player is not allowed to play more than on 2 separate teams across all eligible age divisions.**

Player & Manager Discipline:

- Players or managers who are sent off for two (2) subsequent cautions shall be suspended for a minimum of one (1) following competition game.
- Players or managers sent off for any other reason shall be suspended for a minimum of one (1) game and any additional competition games or the entire tournament at the discretion of the competition commissioner.
- A player or manager that is suspended will serve their suspension in the following game in the competition. For players on multiple teams the suspension could be served in a different division.
- Players or manager sent off a game are required to leave the premises immediately. Failure to do so may result in a game forfeit for the team.

Concussion Management:

- **Baseline Testing** - USASA informs all Members Organizations / Teams that:
 - Baseline testing is another tool that is available for concussion diagnosis and management.
 - The use of neuropsychological baseline testing such as Impact (<https://www.impacttest.com>) or comparable testing systems utilized by local HCPs may be used.
 - All members / teams are encouraged to seek out local sports medicine programs that offer accessible and cost effective neurocognitive testing for both baseline and post injury evaluations.
 - The results should be interpreted and used only as an additional tool for the management and return to play. These tools should be used by HCPs (Healthcare provider) / Trainer who have knowledge and expertise in concussion management.

Assessment of Players

- USASA and all Member Organizations / Teams – Games Where an HCP (Healthcare provider) / Trainer is Present
 - USASA requires all Member Organizations / Teams where an HCP/Trainer is present at games, that any player who
 - sustains a significant blow to the head or body,
 - complains about or is exhibiting symptoms consistent with having suffered a concussion, or is otherwise suspected of having sustained a concussion, must be evaluated on the sideline by the on-site HCP/Trainer.
 - The on-site HCP/Trainer will perform SCAT3, as applicable and modified BESS to evaluate players on the field/sideline.
 - Unless the on-site HCP/Trainer determines that the player has not suffered a concussion, the player will not be permitted to return to play until the player has been successfully completed the graduated Return To Play (RTP) protocol described below and has been cleared to RTP by a physician.

Return to Play (RTP) Protocol:

- USASA and all Member Organizations / Team will follow the following graduated RTP protocol (not including steps b. (4)-(5) unless the player has a baseline test and access to a neuropsychologist).
 - For any player removed from a practice or play who has been diagnosed as having suffered a concussion, the player will not be permitted to return to practice or play until the player has successfully completed a graduated RTP protocol under the guidance of an HCP / Trainer.
 - The graduated RTP protocol will consist of at least the following steps:
 - (1) the player must be symptom free at rest for 24 hours before commencing the protocol;
 - (2) the player must be symptom free after moderate activity for 24 hours;
 - (3) the player must be symptom free after heavy activity for 24 hours;
 - (4) player will retake baseline tests (SCAT3, BESS, and/or impact);
 - (5) neuropsychologists must review and interpret impact test versus baseline; and
 - (6) HCP / Trainer must confirm that the player has completed the RTP process and a physician must make the final RTP decision

Forfeits:

- A team using an ineligible player shall forfeit the game to the opposing team and shall be expelled from the competition. The team & the player could be sanctioned further by being denied access to the next Adult Soccer Fest competition at the discretion of USASA or the competition commissioner.
- A team shall also forfeit a game to the opposing team for just causes as determined by the competition commissioner. Teams forfeiting the game due to just causes shall be sanctioned by being denied access to future Adult Soccer Fest competitions.
- A team that causes a game to be forfeited or abandoned shall not advance in the competition beyond the group stage. This might be overturned by the competition commissioner.
- If a player is included on team roster for more than one (1) division and one of the teams with which that player is rostered causes a game to be abandoned in the competition, such player shall not be allowed to participate further on the second team for which they are rostered.
- Teams that choose to not complete any assigned game in the competition, including the championship game (Final), shall not advance or will not be awarded the title or finishing place in the competition. A completed game consists of two (2) equal & fully completed periods as assigned to that specific game. The competition commissioner assigns duration of games.
- Teams are responsible for finishing all games. Teams that cannot finish a game due to lack of eligible players on their roster or not enough players available for that competition game whether due to disciplinary action or any other absence will be considered as causing the abandonment, termination or forfeiture of a game. In such case all sanctions apply as outlined above.

Other Breach of Rules:

- USASA and tournament Commissioner shall have the power to disqualify and remove from further participation in any Adult Soccer Fest competition, any team, team official or player(s) of any competing team(s) who may be proven to be guilty of any breach of the rules of the USASA, USSF or the competition.
- All notices of disqualification or suspensions shall be forwarded by electronic means or certified mail or overnight delivery to the affected team.
- In the event of a dispute (other than referee assault or abuse) arising from a game in any of the Adult Soccer Fest competitions in which sanctions of suspension(s) from future competitions are levied against an individual, an opportunity for the individual to appeal such decision can be made to the USASA Appeals Committee. The decision of the USASA Appeals Committee shall be final.

Protest:

- The USASA or tournament commissioner shall appoint a Protest Committee consisting of a minimum of three USASA or tournament staff members to hear protest at all Adult Soccer Fest competitions . All decisions of the Protest Committee shall be final. No member of the Protest Committee may participate in a protest involving a team from the committee members State Association.
- The Protest Committee shall hold a hearing and determine whether to uphold or deny the protest. The protest decision must be rendered prior to the participants next game.
- All protest shall be made as follows:
 - The protest must be made in writing and must describe in detail the grounds for the protest.
 - The original signed protest and protest fee of \$300 shall be submitted to the competition commissioner within 2 hours of the conclusion of the game being protested. A copy of the protest must be provided to the opposing team concurrently.
 - A protest may be withdrawn in writing after it has been submitted, but the withdrawal of a protest shall result in forfeit of the protest fee.
 - The protest fee shall be forwarded to USASA if the protest is not sustained, or shall be returned if the protest is sustained.

