## SNSA Adult League Men's 7v7 Format Summary of Specific Rules and Regulations

1. Players must be at least $\mathbf{1 7}$ years of age in order to play in adult open divisions. (Law 3 )
2. Field player substitutions are unlimited and can be made on the fly (with the ball in play). The goalkeeper may only be substituted on a dead ball with referee approval. (Law 3)
3. A team that falls behind by five (5) or more goals may add an additional field player. If the goal differential drops below 5 goals, the additional player must be removed (Law 3)
4. Shin guards are required. (Law 4)
5. A player who receives a yellow card shall be temporarily dismissed for a period of three (3) minutes and cannot be substituted until the end of the temporary dismissal period. The dismissal period ends after 3 minutes or if the opposing team scores a goal. (Law 5)
6. All games are played in two $\mathbf{3 0}$-minute halves with 5 -minute half-time interval. (Law 7)
7. The Home team takes the kickoff to start the game; the Visitor selects which goal to attack (Law 8)
8. Use a minimum eight (8) yards spacing for all free kicks (Law $8,13,14,17$ )
9. A player may score a maximum of three goals per game. Any goal scored by a player who has already scored three goals will result in a goal kick. (Law 10)
10. Offside rules are enforced. (Law 11)
11. Slide tackles and sliding in the proximity of another player are prohibited, except for the goalkeeper in the penalty area. (Law 12)
12. The referee has the final say in ALL matters related to the game.
