



Hampshire Dome Youth and Adult Soccer League Rules for 2023-2024

All divisions will follow IFAB and FIFA Guidelines for soccer rules of play. Facility modifications for 7 v 7 youth soccer and 8 v 8 adult soccer leagues are as follows:

All regular season games are 2 x 25 minute half's with a 3 minute half time period.

- (A) All fouls will be indirect kicks
- (B) No offside
- (C) Corner Kicks, Goal Kicks, Kickoffs and not fouls and are not considered to be indirect situations and do not require a second touch if someone scores from these dead ball situations.
- (D) Swearing is an Automatic Yellow Card Violation
- (E) Any Player or Coach that receives a RED card will automatically be suspended for the next schedule competition and require a meeting with the facility Athletic Director to be able to return to play. Two red cards in one session is full suspension for the remainder of the active session.
- (F) U16B, JV and Varsity – Extended Yellow Card Rule: Any player that receives a yellow card will be required to leave the field and for the team to serve a 2 minute penalty for the offense. If the opposing team scores with in that two minute time frame then the player can re-enter play before the two minutes expires.
- (G) No Heading in U12 and U10 Soccer Leagues
- (H) Teams that are behind by five goals or more can add an additional player but must remove them within four goals.
- (I) Scoring – The final result can't be more than a six goal margin. If you win 9-1, the score will be recoded at 7-1 in the standings

Coed Division Rules of Play!

U10 Coed does not have any rules of the number of Boys vs Girls on the field at one time.

U12 Coed and U14 Coed Rule (4/3) is 4 Girls to 3 Boys ratio. That means you can only have a max of 3 Boys on the field at one time. (Does not matter who is in goal)

High School Coed Recreation (5/2) requires two females on the field at all times. If you do not have two girls you must play down to six players for 7 v 7 format.

Tie Breakers for playoff seeding:

- (1) Winning Percentage
- (2) Points
- (3) Head to Head
- (4) Goal Difference
- (5) Goals Against
- (6) Goals For
- (7) 3 v 3 Shootout at time given by AD

Playoffs Game Format

- (1) All teams make the playoffs. Any team caught using any unregistered player(s) that have not signed up for the specific session will forfeit their playoff spot at the end of the session.
- (2) All 7 v 7 playoff games are 25 minutes in length, 8 v 8 are 30 minutes in length.
- (3) If the game is even after 25 minutes only the championship games have a one 5 minute sudden death overtime period.
- (4) U10 and U12 go directly to 1 v 1 penalty kicks.
- (5) U14, High School divisions and Men's over 30/40/50 go to 1 v 1 shootout from midfield.