

# WHITE LAKE ADULT SOCCER LEAGUE MODIFIED FIFA RULES

## Game Format

- Two 25-minute halves
  - 3-minute halftime
  - 7v7 (including goalkeeper)
  - Minimum 5 players to start
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## Substitutions

- Rolling substitutions, unlimited
  - Subs may be made at any time without referee approval
  - If a substitution interferes with active play, the referee may call a foul
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## Coed Rule

- Must have 2 women on the field
  - If 1 woman: team plays 1 player down
  - If no women: team plays 2 players down
  - Woman goals count as 2 (Maximum twice per match per team)
  - When a team is down by 5 goals they may add a player to the field
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## Slide Tackling

- No slide tackles allowed
  - Only the goalkeeper may slide within their own penalty area
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## Handball Rule

- Handball = deliberate handling of the ball (shoulder to fingertips)
  - Incidental contact is not a foul
  - Goalkeeper may not handle a back-pass from a teammate (results in an indirect kick)
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## Throw-ins

- Must be thrown with both hands over the head
  - Both feet must remain on the ground
  - Awarded when the ball crosses the sideline
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## Corner & Goal Kicks

- Corner kick if defense last touches ball over goal line
  - Goal kick if offense last touches ball over goal line
  - Goal kick must leave the penalty area before another touch
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## **Fouls, Cards, & Discipline**

- No kicking, tripping, pushing, holding, striking, charging, spitting
- Legal shoulder-to-shoulder contact is allowed (without elbows or arms)
- Yellow Card = Warning (e.g., reckless play, dissent, persistent fouling)
- Red Card = Ejection (e.g., violent conduct, serious foul play, 2 yellows)
  - Player is ejected and cannot be replaced
  - Red carded player is suspended for the next match

**Absolutely no fighting. Any physical altercation = permanent suspension, no refund, no appeal.**

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## **Free Kicks**

- Direct Kick: Can score directly (e.g., for fouls and handballs)
  - Indirect Kick: Must touch another player (e.g., for back-pass or other infractions)
  - Referee will hold one arm up for indirect kicks
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## **Penalty Kicks**

- Awarded for fouls or handballs inside the penalty area
  - Ball placed on penalty spot
  - Only the kicker and keeper allowed in the area until the kick
  - Ball is live after it's kicked
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## **Two-Touch Rule**

- A player cannot touch the ball twice in a row when restarting play (includes throw-ins)
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## **Offside Rule**

- Offside will be enforced
  - A player is offside if they are nearer to the opponent's goal line than both the ball and the second-last defender at the moment the ball is played, and are involved in active play
  - Players cannot be penalized for an offside offense between the center line and the build-out line (dotted line between top of box and center line)
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## **Equipment**

- Shin guards are encouraged but not required
- No metal cleats
- Matching team shirts or pennies required.
  - Bring an extra shirt of different color in case of conflict.

All other standard FIFA rules will be applied, for more information, please reference:  
<https://www.soccer.com/guide/rules-of-soccer-guide>