



New Braunfels Fußball Association



Adult 7v7 Soccer Rules

1. League Format

- Games will be played 7v7 (6 field players and 1 goalkeeper).
- FIFA Laws of the Game will apply unless modified by these league rules.
- Point system: Win = 3 points, Tie = 1 point, Loss = 0 points.
- Teams must have at least five players to start a match.
- A team that falls below five eligible players for any reason will forfeit the match.
- A forfeited game will be recorded as a 3–0 result.
- All players must be at least 18 years of age by the start date of the season. NBFA reserves the right to require proof of eligibility at any time.
- All players must be registered through the league system and rostered to a team to participate.
- Discovery of an un-registered/un-rostered player participating in a match will result in a forfeit. The league reserves the right to implement ID checks at any and/or all games prior to the start.
- Players may be permanently dropped from a team but may not be added back to that team or any other team in that division during the same season.
- The team rosters that play the final week of the season (before the playoffs begin) are the team rosters through playoffs. No players may be added or dropped after the final games of the regular season.

2. Match Duration

- Matches consist of two 22-minute halves.
- Halftime will be five minutes.
- Teams are responsible for arriving on time and being ready to play at kickoff.
- The game clock will start at the scheduled game time regardless of whether a team is fully prepared.

- Delays caused by a team being unprepared will not result in additional time being added to the match.
- Teams have a five-minute grace period from the scheduled kickoff time to field the minimum required five players. The game clock will begin at the scheduled start time. If a team cannot field at least five players within five minutes of kickoff, the match will be declared a forfeit.
- Teams should be checked in, warmed up, and ready to play before their scheduled kickoff time.
- The game will use a running clock except for serious injuries or at the referee's discretion.
- Regular-season games may end in a tie.

3. Field and Equipment

- Players must wear matching team shirts or jerseys.
- Home team is responsible for changing jerseys/wearing pennies if there is a color conflict.
- Shin guards are mandatory and must be completely covered by socks.
- Metal cleats and toe studs are prohibited.
- Jewelry is prohibited, except for smooth wedding bands. Low-profile watches or fitness trackers must be covered by a wristband.
- A standard size 5 soccer ball will be used.
- Each team must bring a standard size 5 soccer ball to each match.
- The league will determine which ends of the fields are Home and Away.

4. Offside

- There is no offside offense in this league.

5. Kickoff

- Home team will get the first kickoff of the game.
- A kickoff starts each half and follows every goal.
- The opposing team must remain outside the center circle until the ball is in play.

6. Ball Out of Play (Modified Rule)

Instead of throw-ins:

- When the ball completely crosses a touch line, play will restart with a kick-in.
- The ball must be placed within one yard of where it left the field and must be completely behind the touch line and stationary.
- All kick-ins are indirect free kicks.
- Opposing players must stand at least five yards away.
- The kick must be taken within five seconds.
- A goal cannot be scored directly from a kick-in.

7. Goal Kicks and Corner Kicks

Goal Kick

- A goal kick is awarded when the attacking team last touches the ball before it crosses the defending team's goal line.
- The goalkeeper or a teammate may take the goal kick.
- Opponents must remain outside the penalty area until the ball is in play.

Corner Kick

- A corner kick is awarded when the defending team last touches the ball before it crosses its own goal line.
- Standard FIFA corner kick rules apply.

8. Goalkeeper Rules

- Goalkeepers may use their hands inside the penalty area.
- Goalkeepers have six seconds to release the ball.
- Goalkeepers may not pick up a deliberate pass from a teammate's foot.
- Goalkeepers may not punt or drop-kick the ball.
- Goalkeepers may slide within their penalty area when making a save or collecting the ball but may not slide feet-first into an opponent.

9. Substitutions

Substitutions are permitted at any time during play and will follow a hockey-style format. The game clock will not be stopped for routine substitutions.

All substitutions must comply with the following procedures:

- Teams must notify the referee before making a substitution to ensure proper game management and referee awareness.
- All substitutions must take place at the designated substitution area located at midfield, where the halfway line intersects the touchline.
- The substitute entering the field must wait until the player being replaced has completely exited the field of play before entering.
- A substitute may not participate in play until the exiting player is fully off the field.
- The substitution cannot be done in a manner that creates an unfair advantage for the substituting team in either an attack or in defending an attack.
- If play is stopped for an illegal substitution, play will restart with an indirect free kick for the opposing team from the location of the ball when play was stopped.
- If a substitute enters the field before the exiting player has completely left the field, the referee will stop play. The offending team will be penalized for an illegal substitution, and both the entering player and the exiting player will receive a yellow card.
- The referee's decision regarding substitutions and related disciplinary actions is final.

10. Fouls and Misconduct

- Direct and indirect free kicks follow FIFA rules.
- Slide tackles are not allowed.
- Any player who leaves their feet in a sliding manner to challenge an opponent for possession of the ball will be penalized for a slide tackle, regardless of whether contact occurs.
- Reckless challenges, dangerous play, and unsporting behavior will be penalized.
- Referee decisions regarding facts connected with play are final.

11. Yellow and Red Cards

Yellow Card

- A yellow card serves as a warning for misconduct.
- Two yellow cards in the same match result in a red card.

Red Card

- A player receiving a red card is ejected from the match.
- The team will play short-handed for five minutes or until the opposing team scores, whichever occurs first.
- Ejected players may face additional suspension.
- A red card carries a minimum one-match suspension.

12. Penalty Kicks

- Penalty kicks are awarded for direct free-kick fouls committed inside the defending team's penalty area.
- Standard FIFA penalty kick procedures apply.

13. Sportsmanship

- Respect officials, opponents, and teammates.
- Fighting, abusive language, or threatening behavior may result in ejection and additional league discipline up to and including removal from the league.
- Teams are responsible for the conduct of their players, coaches, and spectators.
- Teams are responsible for cleaning up their own trash.

14. Tiebreakers (If Needed for Standings)

1. Head-to-head result
2. Goal differential
3. Goals scored
4. Goals allowed
5. Coin toss

League Modifications Summary

- 7v7 format
- No offside offense
- Kick-ins instead of throw-ins
- Unlimited hockey-style substitutions during play
- No slide tackles
- FIFA Laws of the Game apply unless otherwise modified
- Running clock
- Referee discretion on stoppages

Division Specific Rules

1. Co-ed

- No more than 3 outfield players (doesn't include goalkeeper) on the field can be male at any time.
- The goalkeeper is considered gender neutral and doesn't count towards the total number of males or females on the field.

2. Age Specific Divisions

- Registered players must be of age or older than the age restriction for the division by the start date of the season.
- Each team is allowed to have up to 3 registered players up to 3 years younger than the age restriction. For example, in an O35 division, the team can roster up to 3 players that are at least 32 years old by the start date of the season.

3. Playing on Multiple Teams

- Players are allowed to play on multiple teams during the same season as long as they are not in the same division.
- Players playing in the D1 division and wishing to play on another team in a different division during the same season, may only play in the O35 division and not in either D2 or the coed division.
 - i. The D1 player is not allowed to be one of the 3 players on the O35 team that is allowed to be under the age restriction as listed in the “age specific divisions” section above.
- If player has a conflict with their teams playing at the same time, it is the player’s responsibility to resolve the conflict, not the leagues.