



TOP FLIGHT SPORTS
7 v 7 League
Rules

1. FIFA RULES

The latest FIFA Rules of play shall apply except as amended or modified herein.

2. SUBSTITUTIONS

Substitutions will be allowed as follows:

- A. No limit on the number of substitutions or substitute.
- B. A player who has been substituted for may return to the game.
- C. Substitutions can be made only at the following times:
 - 1. Prior to a throw-in by either team;
 - 2. Prior to a goal kick by either team;
 - 3. After a goal; or
 - 4. At half time.
- D. Substitutions MUST be made:
 - 1. After an injury, by either team, when the referee stops play, unless it is the goalkeeper.
 - 2. Following a yellow card. The opposing team may also substitute.

3. Important Rules for the Winter 7 v 7 League

A. All kicks are INDIRECT except for penalty kicks

B. Off sides will be enforced off of Mid-Field.

a. This is for EVERY division, including those who normally use a breakout line.

C. There is NO 3-Line Rule this year.

D. Throw-In's from the sidelines, NOT "Kick-In's"

E. Slide Tackles are NOT permitted.

F. Goalkeepers are NOT permitted to punt.

4. LENGTH OF GAME

- A. Games will consist of two – 25 minute halves.
- B. Game clocks will start at the posted game time.
- C. No time stoppages will occur for stoppages in play. The entire game is a "running clock".
- D. It is the responsibility of each team to be prepared to play.



5. OFFICIALS

One official per game.

6. PLAYER REGISTRATION

- A. Player registration is required. If an illegal player is used, any game in which that player is/was used will be forfeited, and the coach will be suspended for a minimum of the next played game.
- B. Any player not properly registered is considered an illegal player.
- C. Blatant disregard for this rule may result in the team/program no longer being invited to participate in future years.

7. EJECTIONS

- A. A player or coach who is ejected receives a minimum of a one game suspension to be served the next played league game.
- B. Additional penalties may be levied. No appeal may be made from the one-game suspension.
- C. Coaches are responsible for the player sideline AND the parent sideline.

8. DISPOSITION OF GAME

Tie games shall stand as a tie, with no overtime to be played.

9. FORFEIT TIME

- A. Forfeit time is GAME TIME. For 7 vs. 7 games, a team is required to start a game if Five (5) players are present.
- B. A team receiving two forfeits will not be scheduled for any more games.

10. POSTPONEMENTS

- A. Once the schedule is completed and distributed, no changes or postponements will be allowed, unless made by the league due to field closures or loss of a field.
- B. For postponements due to inclement weather or unplayable field conditions, should the entire league be cancelled, the league will make every attempt designate a makeup date but is not guaranteed.

11. PLAYER ROSTERS

- A. Player rosters are limited to 14 players, unless otherwise agreed by the league.
- B. All player rosters must be submitted online through the registration process or email.
- C. Players can only play on one team per league. Emergency usage may be authorized but only for use of another player registered for the league.

12. FIELDS

- A. All fields will be located at Cedar Lane Regional Park in Bel Air, MD.



- a. Any decision about field closures will be posted in the following places in the following order:
 - i. Top Flight Sports social media (Instagram and Facebook)
 - ii. Emails to Coaches
 - iii. www.cedarlanesports.org

13. PROTESTS

There are **NO PROTESTS**

14. TEAM UNIFORMS AND COLORS

- A. Each team will provide their own uniforms. Please have a dark and light available.
- B. As a general rule: Home team should wear light color uniforms; Away team should wear dark colored uniforms.

15. SPORTSMANSHIP

- A. It will be the responsibility of each team's coach to maintain control, attitude and sportsmanship of his/her team and supporters.
- B. If control is not maintained, the referee has the authority to issue a warning, ejection, or termination of game.
- C. Control also extends to facility, Covid-19 and other guidelines in place.

16. SCHEDULING

- A. No scheduled game will be changed by the request of any team once schedules have been distributed.
- B. The league reserves the right to modify the schedule due to circumstances beyond their control, such as unavailability of fields.
- C. If any teams attempt to reschedule any game without the league's knowledge or consent, the forfeit bond for both teams will be cashed.

17. STANDINGS AND TIE BREAKERS

At the end of league play, the division winner and runner-up shall be the teams with the most points in their group.

Teams will be awarded points on the following basis:

Three (3) points for each win

One (1) point for each tie

Zero (0) points for each loss

Tie-Breaker System after division play, in the order listed below:

When the tie-breaker system is used, the criteria are followed in order until **one or more** team(s) are superior at any given step.

1. Head-to-head record
2. Goal Differential (+/- 5 Goal Maximum Per Contest)
3. Most Shutouts

updated 12/9/2025



4. Goals Against
5. Goals For (6 Goal Maximum Per Contest)
6. Shootout (to be held before the scheduled games on championship weekend)

Note: Each game will have caps on the number of goals that will count toward tie breakers.

- i. Goal Differential (the difference between goals for and goals against) with a **maximum difference** of five (5) goals per game. For example, an **8-1 final score** calls for a +5 goal difference for the winning team, and a -5 goal difference for the losing team. For example, a **3-1 final score** calls for a +2 goal difference for the winning team, and a -2 goal difference for the losing team.
- ii. 6 Goal limit for “Goals For” (ex. If a team scores 10 goals in a game, 6 of them will count for their Goals For statistics)

In the playoffs, if a game is tied after regulation, two 5 minutes halves will be played in full. If a winner has not been determined after the two 5 minutes halves the teams will enter a shootout scenario. Please see Shootout Rules below.

18. SHOOTOUT RULES (For tie-breakers and playoffs)

- Each team will select five (5) players to kick – only players on the field at the end of the game may be selected.
- Teams will alternate attempts – first team to kick will be determined by the referee’s coin flip.
 - The shooter will start at midfield with the ball while the goalkeeper starts on their goal line.
 - The shooter will have 7 seconds to make a shot attempt. Once a shot attempt is taken the shot is either a goal or miss. No rebound attempt may be taken.
 - Note: The shot attempt must occur within the 7 seconds. If the shot attempt happens within the 7 seconds but a goal occurs after the 7 seconds are up, the goal will count. (equal comparison would be a shot at the buzzer in basketball)
 - The 7 second count will begin once the player touches the ball.
 - The referee, or designated personnel, will keep official time.
 - If after the attempt is taken, the momentum of the ball continues the ball is live until its motion stops or it exits the field of play.
- If the score remains tied after five (5) kicks, teams will alternate kicks one at a time from the remaining players on the field until a winner is determine.
- No player may shoot more than once until all eligible players have taken a kick.
- Keepers may be changed after any shot from the list of participating players for the penalty kicks.

Unless participating in the penalty kicks as a kicker or goalkeeper, team members, coaches and other bench personnel shall remain on designated sideline (off the field).

17. MISCELLANEOUS

- A. Only players and coaches are allowed on the turf field.
- B. All spectators must remain off of the turf areas.
- C. Only water is allowed on the turf surface.

updated 12/9/2025



- D. No food, gum or sunflower seeds.
- E. Teams are responsible for their sidelines – sidelines must be clean following games.