

2026 Fall Adult 7v7 Soccer Rules

Age Requirement and Eligibility Regulations

1. All players must be 18 years old on or before their first game.
2. A player having played in one game with a team may not transfer or play for another team. A player appearing on two rosters is committed to the first team with which he competes. Match is an immediate forfeit if an ineligible player participates. Team's next match is a forfeit as well.
3. Roster requests must be made no less than 24 hours in advance of the team's next scheduled match. Teams may not adjust rosters after September 24, 2026.

Player and Team Conduct

The Coach or Team Manager is responsible for team conduct on both the field and in the bench area, before, during and after games. The Referee and Recreational Leaders on staff have the right to remove participants from the Auburn Soccer Complex. Teams will occupy team benches opposite spectators. Coaches & Managers must stay in their Technical area.

Recreational Leaders

The Referees and Recreational Leaders on staff have the authority to stop, forfeit, or suspend play in any game at any time if they determine that continued play may result in a conflict involving players, coaches, and/or spectators. They also have the authority to remove a player/team from the league entirely. A player removed from the league is not allowed to attend any of the games as well. This decision is final and may not be appealed.

Playing Rules

- Field size – 50 x 40 yards.
- Goal size – 6.5'H x 18'W
- Game length will consist of two 30-minute halves with a 5-minute halftime.
- A team must have at least 5 players to start the game. Otherwise, it's a 3-0 forfeit.
- Mercy Rule: 8 goals or more at halftime or thereafter, the game is ended in favor of the winner.
- All substitutions must be made from the halfway line. There are unlimited substitutions per team.
- Shoes that are considered dangerous by the Auburn Soccer Association Staff may not be worn.
- Shin guards are mandatory.
- Foul language and dangerous play will not be tolerated.
- Slide Tackling is illegal. Players must attempt to stay on their feet.
- Offside will not be called in this league.
- Standings determined by the following: Win: 3 points. Tie: 1 point. Loss: 0 points.
- Tie Breakers: Head to Head, Goal Differential, Goals Against, Goals Scored, Coin Flip
- The League Coordinator reserves the right to suspend any player indefinitely for cause.

Rules for settling ties in Tournament Play:

1. No more than two five (5) minute, sudden-death, overtime periods will be played beginning five (5) minutes after the end of regulation.
2. A Referee coin toss will determine kick-off and choice of end.
3. Teams will switch ends and kick-off after the first overtime period; play is to be restarted after a one minute break.
4. If tied at the end of the sudden death overtime periods, a 5 person penalty kick shootout will determine the outcome of the game. Any 5 players may participate, but cannot shoot again until every player has shot once including the goalkeeper. If still tied after 5 rounds, a sudden death shootout will proceed one round at a time. The taking of penalty kicks continues, alternatively, until one team scores and the other does not.

Yellow/Red Cards

A player must sit for at least 5 minutes when receiving a yellow card.

Two yellow cards on any one player will eject him from the game. He will not have to sit out the next game. However, a red card given to any player will result in suspension for the remainder of that game and his team's next scheduled game. Four yellow cards, or two red cards, on any one player will result in suspension from the league for the remainder of that season.

Team Cumulative Cards

Yellow cards are one infraction point and red cards are considered two infraction points.

6 card infraction points total on a team will result in a forfeit of the next regular season game (excludes playoffs).

8 card infraction points total on a team will result in the entire team being removed from the league.

Team Jerseys

All players are asked to bring white and dark shirts to each game. The home team will wear white shirts and the away team will wear dark shirts. Goal keepers should bring a different color shirt/pinny.

Team & Spectators Seating Areas

Spectators are not allowed to sit on the team benches during the game. Players are not allowed to sit on the Spectators side.

Adult Soccer League Coordinator

If your team has a question about the content of these rules, please contact Jason Burnett at 501-2943 or jburnett@auburnalabama.org