

7v7 COED ADULT SOCCER TOURNAMENT

Official Rules & Guidelines

Smile Every Mile 2nd Annual 7v7Tournament • 2026 • Moakley Park

1. Tournament Overview

This tournament features 7v7 coed adult soccer played in a group-stage format followed by a four-team playoff. All matches are governed by these rules, which are based on standard adult small-sided soccer conventions. Referees and tournament officials have final authority on all matters during play.

- **Eligibility:** All players must be 18 years of age or older and listed on their team's official roster.
- **Rosters:** Teams may roster a maximum of 14 players. Players may appear on only one team roster.
- **Check-in:** Team captains must check in with tournament staff at least 30 minutes before their first match. All players must present a valid photo ID upon request and sign the tournament waiver.

2. Coed Player Requirements

Each team fields 7 players at a time, including the goalkeeper.

- **Gender rule:** A maximum of 5 male players may be on the field at any time, goalkeeper included. There is no minimum or maximum for female players beyond this limit.
- **Goalkeeper:** The goalkeeper counts toward the on-field gender count. A team with a male goalkeeper may field at most 4 additional male players.
- **Short-handed play:** A team that cannot meet the gender requirement must play short-handed. Example: a team with only 1 female player available may field at most 6 players (5 males + 1 female).
- **Minimum players:** A minimum of 5 players (meeting the gender rule) is required to start and continue a match. Fewer than 5 results in a forfeit.
- **Violations:** Fielding more than 5 male players at any time results in a warning and immediate correction on the first offense; subsequent offenses result in a caution (yellow card) to the captain and an indirect free kick for the opponent from the spot of the stoppage.

3. Game Rules

- **Match length:** 25-minutes. The clock runs continuously; only the referee may stop it for injury or unusual delay.
- **Substitutions:** Unlimited substitutions "on the fly" at midfield, or at any stoppage with the referee's permission. The exiting player must leave the field before the substitute enters. Substitutions must maintain the gender requirement at all times.
- **Offside:** No offside is enforced.

- **Slide tackles:** Slide tackles are prohibited for field players and result in a direct free kick. Goalkeepers may slide within their own penalty area to make a save, provided the slide is not reckless.
- **Restarts:** All standard free kicks, corner kicks, and goal kicks apply. Opponents must stand at least 5 yards from the ball on restarts. Kickoffs may go in any direction.
- **Ball out of play:** Throw-ins are used when the ball crosses the touchline. Goalkeepers may not punt beyond midfield in the air; violations result in an indirect free kick from midfield. [Optional — delete if punting is unrestricted.]
- **Cards & discipline:** Yellow card: the player must substitute out but may return at the next stoppage. Two yellows in one match = red card. Red card: ejection from the match, the team plays down one player for 10 minutes, and the player sits out the team's next match at minimum. Fighting or violent conduct results in removal from the tournament.

4. Group Stage & Point System

Teams are placed into a group (or groups) and play a round-robin schedule. Standings points are awarded as follows:

Result	Points Awarded
Win	3 points
Draw (tie)	1 point
Loss	0 points
Forfeit loss	0 points (recorded as 0–3 loss)

Group-stage matches may end in a draw — no overtime or penalty kicks are played during the group stage.

Playoff qualification: at the conclusion of the group stage, the top 4 teams in the standings qualify for the playoffs. Semifinals are seeded #1 vs. #4 and #2 vs. #3, with winners advancing to the championship final.

5. Standings Tiebreakers

If two or more teams are tied on points at the end of the group stage, the tie is broken in the following order. If more than two teams are tied, the criteria are applied in order among all tied teams; once a team is separated, the remaining teams restart at criterion 1.

1. **Head-to-head result** (points earned in matches between the tied teams).
2. **Goal differential** (goals scored minus goals allowed, capped at +5 per match to discourage running up the score).
3. **Fewest goals allowed** across all group-stage matches.

4. **Most goals scored** (maximum of 5 counted per match).
5. **Fewest disciplinary points** (yellow card = 1, red card = 3).
6. **Coin toss** (two teams) or **draw of lots** (three or more teams), conducted by the Tournament Director with captains present.

6. Playoff Matches — Deciding Tied Games

Playoff matches (semifinals and final) must produce a winner. If a match is tied at the end of regulation, the following steps are applied in order:

1. **Golden-goal overtime:** one 5-minute sudden-victory period. The first team to score wins immediately. No additional overtime periods are played.
2. **Penalty shootout:** if still tied, a best-of-5 penalty kick shootout. Kickers must be selected from players on the field at the end of overtime, and no more than 3 of a team's 5 kickers may be male.
3. **Sudden-death penalties:** if still tied after 5 rounds, the shootout continues one round at a time — if one team scores and the other misses, the match is decided. Remaining eligible players (alternating to satisfy the gender balance) must each kick before any player kicks twice.

7. Forfeits & Weather

- **Forfeits:** A team not ready to play within 10 minutes of the scheduled kickoff forfeits. Forfeits are recorded as a 3–0 loss and 0 points.
- **Repeat forfeits:** Two forfeits result in removal from the tournament; remaining scheduled opponents receive a 3–0 win.
- **Weather:** Tournament staff may shorten, suspend, or cancel matches due to weather or field conditions. A match that has completed one full half stands as a final result. Standings ties caused by cancellations are resolved using the Section 5 tiebreakers.

8. Code of Conduct

This is a recreational, sportsmanship-first event. Captains are responsible for the conduct of their players and spectators.

- Abusive language, dissent toward officials, or harassment of any kind will not be tolerated and may result in cards, ejection, or removal from the tournament without refund.
- Alcohol and smoking are prohibited at the field complex unless posted otherwise.
- Teams are responsible for cleaning up their bench area after each match.

9. Protests & Questions

Judgment calls by referees are not protestable. Protests regarding player eligibility or rule misapplication must be submitted in writing by the team captain to the Tournament Director within 30 minutes of the final whistle, with a \$25 protest fee (refunded if upheld). The Tournament Director's decision is final.

Questions? Contact the Tournament Director: *Derek McCleary • info@smileeverymile.org • 617-429-5380*