



WOMEN'S SEVENS MASTERS

GENERAL, ETIQUETTE AND SAFETY RULES

General Rules

1. This is a **social league** - We do not have a competition ladder.
2. **Player Eligibility**
 - a) To be eligible to participate in Women's Social Sevens - Masters Competition a player must turn 35 years of age or older in the year of play
 - b) Age dispensation requests can be made for up to two players per team. These players must be turning 30 years of age or older in the year of play. This must be advised to the Team Manager committee ahead of play.
 - c) Players must be registered in accordance with the relevant Registration Regulations via PlayFootball and their choice of Club.
 - d) Players must not be playing in another league ie state leagues regardless of level.
3. The competition is 7v7 and match squads on game day should consist of 10 players, however a team could consist of more (ie. 12-14 players).
4. **Match duration** - 2x20 minute halves with a 5-minute break half time.
5. **Venue and Day of Play** - will be determined by the preference of the teams participating in the fixture. ***Any fixture changes must be managed via the Team Managers.***
6. **Optional throw-in or kick-in.** Players can choose if they throw-in or kick-in from the side-lines.
7. **Deliberate Handball** - It is handball when the ball touches you from under the shoulder and down. It is ok to take down the ball with your shoulder.
8. **No penalties**
9. **Free kicks** are indirect
10. Opponents must be 5m away from the ball at the start of play, free kicks, corner kicks and kick ins, and from the penalty area for goal kicks
11. **No offside** - See no goal sitting explained below.
12. Goalkeepers are only permitted to throw or roll the ball from their hands or place the ball on the ground and kick it (drop kicks are not allowed)
13. **No physical contact with the Goalkeeper.** Never make contact with the goalkeeper. The rule is that it is player's (on the pitch) responsibility to pull out of the contact. It can be tough in a heated moment but please bear in mind to practice safety first. Players to stay 5m away from the goalkeeper when they proceed with distribution when the ball has not gone out the back line. Same rule applies if other players take the goalie kick - 5m away.

Pitch Dimensions

1. Matches will be played on half a full-size pitch (i.e. max 70m x 50m, however best practice is 65m x 45m). Cones and pancakes may be used to mark out pitch
2. Penalty area is 5m deep x 12m wide. The penalty area can be marked up with lines or pancakes.
3. Goals sizes are 5m wide x 2m high

Uniform rules

1. All players in a team to wear the same tops. Socks and same colour shorts are recommended.
2. Players are permitted to wear bibs
3. Shin pads are required
4. Soccer boots are required



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Referee rules

1. Please remember that the referees are usually young and it can be very hard to see everything. Please remember that it is the referee that rules and there should under no circumstances be any abuse of the referee.
2. Referees to be organised by "home" team
3. It is the responsibility of the home team to ensure the referee is provided with a copy of these rules and understand them.
4. **Mercy Rule.** No smashing the opposition. Why this rule: if you "walkover" the opposition, there's a good chance that they will pull out of the competition, which ultimately affects the number of games we get to play. It's also not fun.
If a team is five goals ahead, the underdog has the choice to call any of the below options.
 - a) No more goals until the opposition scores.
 - b) Do not defend until the opposition is over the halfway line.
 - c) Practice passing back rather than going forward all the time.
 - d) Swap to your weaker positions and practice different skills, i.e. striker to goalkeeper etc.
 - e) Call the game. The team at five goals up wins. Play stops, players are swapped to even out the teams, and play continues as a friendly match.

We believe that these options will help promote a friendly completion, and will allow the space for weaker players / teams to play with stronger players / teams.

Safety & Etiquette Rules

Purpose – A social league created to have fun, encourage fitness, healthy lifestyle and empowering women!

Behaviour – Team players are reminded that their behaviour is a reflection on both the team and on the club. Abusive and aggressive behaviour towards other players, referees, coaches or team members will not be tolerated.

Manners – As soccer is a game it is normal that it is competitive, however rough/foul play and intentional pushes do not belong in a Women Social Masters. Please remember that the Masters Competition is all about having fun. If there is an accidental push ALWAYS check with the other player and say SORRY.

Not enough players on match day. If one team doesn't have enough players, a player can be borrowed from the opposition, alternatively play 6v6

No physical contact with the Goalkeeper. While you are allowed to run at the keeper, remember never to make contact. It can be very dangerous if the keeper dives for the ball and your boot is there. The rule is that it is the player's (on the pitch) responsibility to pull out of the contact. It can be tough in a heated moment but please bear in mind to practice safety first.

No high kicks in congested area. In a congested area, or a contested ball, you cannot do a high kick; i.e. a kick that could potentially kick someone in the face. This rule is similar to the above keeper rule, especially dangerous if someone's head is in the way of the ball.

Players are allowed to protect face and chest with their hands/arms. This should not be ruled as handball.



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No goal sitting. When the opposition has the ball, if you are the Striker, do not stand and wait in the 'hot spot' / penalty spot for your team mates to get the ball and boot it to you. If your team has the ball then by all means start heading for the 'hot spot'.

Side-lines etiquette. A good rule to follow is – call out encouragement after a play. Never yell at your teammates from the side-lines what they should be doing during a play. The only directional instructions from the side-lines should come from the coach. The coach has a plan, and often other people's instructions can be in conflict with that plan. It is the Team Manager's responsibility to manage their spectators' behaviours.

Children and dogs. We love to have spectators, however for safety reasons if you have children please have them stand or sit away from the sideline. We do not want them to be kicked or get the ball in their face. For safety, if you bring your dog, please have someone look after it and keep on a leash so it doesn't run on to the pitch.

Referee. A referee must be above 15 years of age, however, please bear in mind that many of the referees are still young, and they try their very best. Please also understand that it is sometimes hard to see everything going on. So please help the referee by owning up if the ball bounced off you, then it is the other team's throw-in or corner.

Match duration – Increased match time can be considered when driving further to attend games. Consider 25- or 30-minute halves. This must be discussed and agreed prior to kick off. If agreement is not reached, the standard 20-minute halves will apply.

For inexperienced teams

Pass backs to goalkeeper - Inexperienced teams may request to be able to pass back to the goalkeeper. This must be discussed and agreed prior to kick off but should be accommodated, unless there is good reason to refuse.

Checklist before and after a game

Pre-match

- During the week Team Managers to confirm go ahead and any changes to fixture or support number of players
- On the day - Acknowledge these rules with teams and referee
- On the day - Confirm match duration
- On the day - Pass back to goalkeeper
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Post-match

- Team Managers to discuss with the referee to see if it has been a fun game in the spirit of this agreed rules.