



VDMSL Rules and Regulations

League Regulations

1. This is an adult soccer league (18+).
2. The games are played in a 7v7 format.
3. The referee and league will not be held responsible for any injuries sustained during the game.
4. Team captains must submit a roster before the season begins.
5. A minimum of 5 players are required to start a game.
6. If a team does not have at least five players **dressed** and **ready to play** on the field after ten minutes of the scheduled start of the game, they will lose the game by a default score of 5-0.
7. A player must play at least $\frac{1}{4}$ of the season to be eligible for playoffs.
8. Players are allowed to play for a maximum of one team per division.
9. Acceptable attire
 1. Jerseys must be numbered
 2. Shorts and soccer pants are acceptable
 3. Shinguards are mandatory
 4. Glasses and jewelry are not permitted
 - i. Sports glasses are acceptable
10. Away teams must change jerseys if colors clash with the opponent's listed color.
11. Win = 3 points, Tie = 1 point, Loss = 0 points
12. Playoff tiebreakers:
 1. Head-to-head
 2. Goal difference
 3. Most goals

Gameplay Rules

1. VDMSL applies the rules laid out in the latest [IFAB Laws of the Game](#), with variations to adjust for our 7v7 gameplay.
2. The official game sheet must be signed by each team's captain at the end of each match.
3. Maximum of two designated coaches can sit at the bench. They must be registered on the game sheet.
4. Suspended players are not allowed on the bench.
5. All touch and out of bound plays are kick-ins. Kick-ins are considered indirect free kicks.
6. All free kicks are direct, with the exception of kick-ins.
7. Opponents must be 5 yards from the ball on all free kicks. Opponents must be 2 yards from the ball on all kick-ins.
8. Any red card, whether direct or an accumulation of two yellow cards, will carry a minimum one-game suspension. Further disciplinary action may apply pending the referee's report.
9. All ejected players must leave the playing field and bench area before the restart of play. Failure to leave the playing field in a timely manner may result in said player's team's automatic default of the match in question. Further disciplinary action will apply pending the referee's report.
10. Slide tackles are not permitted.
11. If a player leaves their bench to start or get involved in a physical altercation, the referee deserves the right to give a red card to said player.
12. If the ball hits the ceiling or wires the kick shall be taken from a spot directly below where the ball first touched. The exception is over the penalty area shall be a corner kick/goal kick.