

Heartland 7v7 Game Rules

Format

Field Size

- The field should be approximately 70 yds x 55 yds. (See 7v7 Field Diagram) for youth, high school will use a full field.
- 8 m arc should be painted or a portable arc should be used if possible. In cases where a neither option is available, flat cones can be used to mark the 8 m arc.
- 2v3v2 format with 1 goalie.
- 10-minute quarters, with a 2-minute break between quarters and a 10-minute halftime. Officials and Tables will keep game time. It will be your team's responsibility to be ready for the start of your game. Teams will switch sides at each quarter and at the half.
- Timeouts/Stop Time: Each team is permitted one 2-minute timeout per half except during the last two minutes of the half. The clock will stop during a timeout.
- Draws will be used at the start of each quarter and after a score.
- For high school, the 35 yd line marks the restraining line. For youth, the half-line marks the restraining line.
- Offsides – 2 players + goalie must remain on the defensive side, dictated by the restraining line.
- During draws, attack and defenders will be on or behind the restraining line for high school or the goal line extended for youth until the official declares "Possession". Middies will position around the circle as normal.
- For Division 1/Division II teams - Three pass rule is in effect. No player may shoot until her team has attempted or completed the required number of passes (Minor Foul). The pass attempts may happen anywhere on the field and include a goalie pass in the count. Successful catch is not required to count, the attempt is what counts. If a team loses the ball to the opposing team (opposing team gains control of ball), pass count automatically resets to 0. Dropping a ball into another player's crosse does not count as a pass. Passes will be defined as the ball travelling through the air or on the ground.
- Officials (not coaches) are responsible for audibly counting pass completions/attempts. Officials should avoid saying, "you may shoot" / "go to goal." They should say, "you have 2 passes." or "you have 3 passes."
- Substitutions are made on the fly at the substitution area. Players must substitute simultaneously to avoid a substitution penalty
- If a team receives 4 yellow cards in the same game, they then play man down the remainder of the game and for each subsequent card is an additional man down.

Penalties

- Penalties will result in a player substitution. Once the whistle sounds, the game resumes and may result in a man-up situation based on how fast the penalized player subs. Penalized players must sub for a new player.
- Excessive checks, take-out checks, or unsportsmanlike conduct is not acceptable and may result in ejection from the game.
- Officials have the authority to remove any player, coach, or parent from the field due to unsportsmanlike conduct.

All 7v7 games are considered "**developmental**":

- At the youth level, this means that equal playtime is expected and more important than winning the game. While competitiveness is encouraged, it should never take precedence over player development.
- At the high school level, clubs with both a varsity and 7v7 team should not play their starting varsity players in a 7v7 game unless agreed to by the head coach of both teams prior to game time. 7v7 is considered JV and, just as at the youth level, individual player development, particularly of newer or less experienced players, should take precedence over winning. Clubs with a varsity team should only field first year seniors on their JV team unless they have cleared multi-year seniors with the opposing coach prior to the game.

Floating Rules – Division I and II

To encourage teams to be created with fewer players and therefore having more teams, we support the idea of “Floating” players as needed.

- Players can be floated between any team in the same division, even to other clubs.
- A player can float a maximum of two times a season to the same team to ensure all players can get extra play time.
- Players can float from Division II to Division I teams, but are under the same restriction of a maximum of twice a season on a given team.
- When a player guest plays on a team, their name and jersey number must be written on the roster for that game. This allows the league to monitor players floating illegally.
- The goal of floating is not to allow teams to stack players, but to make sure we are not forfeiting games due to shortage of players.
- The number of floated players can only raise the total number of players for a given game on a team to 12. This means if you have 10 regular players that show up to a game, you can float a maximum of 2 players for that game from another team.