

ZOG SPORTS - Game Format and Rules, Friday night 7 on 7, Playa Vista Bluff Creek

- 7-on-7 No gender rules.
- No gender rules. You want men, that's fine. You want a roster of all females, that's fine. You want a roster with both, that's fine too!
- This field's goals are slightly smaller than regulation...the goal size is 7' tall by 21' wide. Just FYI.
- 6 game season PLUS Playoffs
- A heart-wrenching single elimination playoff tournament (About half the teams make playoffs)
- Individual teams will be composed of 10 to 14 players. Full Teams maximum roster Size is 13 people

Rules

SUMMARY

- 7 players on the field maximum (Minimum of 1 girl at all times for the Sunday league only)
- 4 players required to start a game
- Short field with a goalie and near-regulation sized goals (goals are 21' x 7')
- All games are RAIN or SHINE (unless dangerous conditions – be sure to check weather alert hotline)
- Two 23-minute running halves with 2 minute half time
- No off sides
- Slide tackles and Bicycle kicks are illegal
- No Fast Play on Direct Kicks - kicker must wait for referee's whistle or gesture
- All free kicks are direct except on goalie pass back violation (indirect)
- Unsportsmanlike behavior will result in that player/team being suspended/removed from participating in all ZogSports leagues for one year
- Game time is forfeit time

FORFEITS/GAME TIME

Please don't forfeit. Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least 4 players to

start a game. Game time is forfeit time. Due to the extremely tight schedule, we strongly suggest arriving at the field 10-20 minutes before game time for stretching, changing, etc. since the games must start on time to complete the game.

FORFEIT NOTIFICATION

If you know in advance that your team is going to forfeit a game, you **MUST** contact us by 12 pm on the day of the game at josh@zogsportsla.com. It is not considered notification unless you receive a reply.

If your decision is not made until after 12 pm (or after 5pm on the Friday before a weekend game), you should still try to reach ZogSports, and we will make efforts to contact the other team. If we can reach them in time to keep them from showing up, no extra penalty. If you do not do this, your team will be eliminated from the rest of the schedule.

There is no additional penalty if you show up short-handed (and need to add other ZogSports players to field a full team) and have to forfeit the game, since you did make an effort to get a team to play. So be sure to send as many representatives from your team as possible, even if you know it will be recorded as a forfeit loss.

Once ZogSports is notified you are forfeiting, it is official (you cannot change your mind), and the other team will be notified.

IMPORTANT NOTE ABOUT PLAYING AT PLAYA VISTA PARK:

NO DOGS ALLOWED... period: Any person or team who brings a dog, or has a friend/family bring a dog will be immediately banned from ZogSports for one-year. In addition, the current game of the team they are playing for, or watching, will be ruled an immediate forfeit and loss.

BALLS in the POND: Do **NOT** go into the water or climb on the fence. Anyone attempting to retrieve a ball from the pond and **NOT** using the pole and net provided will be banned from ZogSports for one-year, no questions asked.”

CLOCK/TIME

Two 23-minute running halves with 2 minute half time. The clock stops only for official's time-outs and injuries. Any delay tactics, such as kicking the ball far out of bounds, will enable the referee (at his/her discretion) to stop the clock.

TEAM SIZE

7 players at any one time – includes the goalie

Teams may play with no less than 4 players. If a team has less than 4 players a forfeit will be awarded. Teams may play with 5 or 6 players in any ratio as well

Teams MUST start at game time if the minimum numbers of players is present

Rosters are not limited in size (although we recommend 12 to 14 on a roster) but no additional players may be added to the roster after the 4th week. If you are short-handed during the season you may pick up another ZogSports player(s) not on your roster for the game. See below "Picking Up Players" for details. Waivers must be signed by all players and handed in before the start of the first game. **PLAYERS WILL NOT BE ALLOWED TO PARTICIPATE IN ANY GAME WITHOUT SIGNING THE WAIVER**

PICKING UP PLAYERS

Since occasionally teams may be short players and ZogSports wants everyone to be able to play every game possible, we permit teams to pick up non-roster, ZogSports players for your game. Before you get too excited, there are penalties and limitations: Penalty is 1 goal per player

Game is an official forfeit when one team has:

- Fewer than 4 roster players show up

Teams may pick up 2 ZogSports non-roster players when the team has:

- 5 total players show up*

Teams may pick up 3 ZogSports non-roster players when the team has:

- 4 total players show up*

*Teams can never pick up players to have subs. And may never pick up non-Zog players

If both teams show up with an equal number of 5 or 6 players, teams are both to play with that number of players. Players may be picked up IF AND ONLY IF BOTH captains agree prior to the game to pick up an equal number of players (not exceeding 7 on a side).

All pickups must be identified at the start of the game. Teams can never pick-up non-ZogSports players. DURING THE PLAYOFFS, ONLY PLAYERS ON YOUR ROSTER ARE ALLOWED TO PLAY.

Roster player arrives after the game has started, non-roster player must be replaced by the roster player. Non-roster player may not re-enter the game

Not informing the referee or field manager of picked up player(s) before the start of the game:

- Team receives automatic forfeit

Multiple offenses risk removal from schedule

Protests in regards to non-roster players must be made to referee or field manager before the 2nd half begins!

A team may pick-up a player during the game due to a player on their team being injured and the injury resulting in the team down a player. This is allowed for only 2 injured players total and only when the result of the injury puts the team down below the maximum of 7 players on the field. A team can never pick-up a player for an injured person to help pad the number of subs on a team.

UNIFORMS/FOOTWEAR

Team shirts provided by ZogSports

If players do not have shirt with them, ZogSports suggests wearing similar colors to rest of team

Shin guards and cups (for the guys) are strongly recommended

Grass/Field Turf Fields

Molded cleats – allowed

Metal cleats – NOT allowed

SOCCER RULES

Referees will have a copy of the rules with them at the field. If you have any questions regarding a call that was made (which is rule-based), please ask the referee to refer to the rules if there is a disagreement. We also recommend that each team bring their own copy of the rules just in case. Only captains can discuss a rule with the referee and no judgment calls will be discussed.

Players will be ejected for unsportsmanlike conduct.

START OF PLAY

The referee will have the two captains shoot odds/evens or rock/paper/scissors. The winning captain will have the option of choosing sides or taking the kick-off.

A game is started by a kick-off from the center mark

The opposition must be 5 yards from the ball when the kick-off begins

The ball may go in any direction

A goal CAN be scored directly from the kick-off

In the second half, teams change directions and possession

SUBSTITUTIONS

Unlimited substitutions of players are permitted

Soccer teams must sub in from the end line and make an effort to stop balls from going onto the road/disappearing.

Any player with an open cut or wound must come off the field to bandage it up and treat it before re-entering the game.

OFFSIDE

There is no offside rule

GOAL BOX/GOAL AREA

In ZogSports 7-on-7 short field outdoor soccer, the goal box is the equivalent of the penalty area. This area will be:

- 11 yards from the goal line
- 4 yards wider than the goal posts
- Marked by cones on the end line and markers on the corners
- Only in this area can goalies touch the ball with their hands

Any fouls in this area will result in a penalty kick from 12 yards out

GOALIES

The goalie may use his/her hands anywhere inside the goal area. Goalie has 6 seconds to release the ball once picked up in the goal area.

Once the goalie has released control of the ball, he/she cannot touch it again with his/her hands until it has been touched by an opponent.

Goalie cannot use his/her hands on balls that have been intentionally directed to them by a teammate's feet/body. They must play these balls with their feet. If the goalie uses his/her hands, a goalie pass back violation occurs

Head ball pass backs are permitted

Goalies can't use their hands if directly receiving a teammates throw in

Goalies cannot punt or drop kick the ball

If goalie punts/drop kicks ball, a corner kick for the opposing team will be awarded

INJURY TIMEOUT

If the game's play is stopped due to an injury, for safety the injured player must take a two-minute break from the game of play, off-field. The injured player's team is able to freely substitute with roster teammates, if available, for that two-minute period. The referee will indicate to the player when the two minutes has passed.

A game is considered stopped when the referee stops the play to check on a player that ceased playing due to an injury.

A game is NOT considered stopped when the referee blows the whistle for a foul/penalty and sets up a free kick.

The stopping of the play clock will be the referees' discretion of a perceived injury. If the player is not injured but causes the referee to stop the clock and check, they will still be removed from the game for the two minute time

period. This is to help us keep the games safe, ensure injuries are addressed, and deter flopping.

CARDS/MAJOR INFRACTIONS

The following are fouls or misconducts and can result in penalties depending on the level of aggressiveness or danger of the foul committed:

Yellow Card

- Swearing, gesturing at, or arguing with any player
- Arguing with the referee
- An intentional (in the eyes of the referee) kick, trip, jump at, strike, hold, push, or charge from behind or violently charge an opponent
- Slide tackling

If a player receives a yellow card (warning) for any reason, he/she will be required to sit out of the game for four minutes. The team will be able to substitute a player for the yellow card recipient. The referee will let the player/team know when the four minute “penalty” has expired. If a team is short players, they will have to play down a player until the penalty expires.

If a player receives two yellow cards in one game, they will be ejected and their team will need to play one player short for the remainder of the game.

Red Card

- Fighting, swearing, gesturing at or excessive arguing with the referee
- Two yellow card violations
- Multiple instances of excessively dangerous play as deemed by the referee

If a player receives a red card for any reason, he/she will be ejected and their team will need to play one player short for the remainder of the game. The player may also be ejected from his/her next scheduled game.

FREE KICKS/FOULS

Direct Kick

The direct free kick is one where a goal can be scored without another player touching the ball. A direct free kick will be awarded for:

Hand Ball – If a player other than the goalkeeper (inside his/her own penalty area) deliberately handles the ball (touches it with any part of the arm up to and including the upper arm).

A hand ball foul should NOT be called if:

A player is instinctively trying to protect him/herself from injury

The player did not deliberately touch the ball but the ball hit his/her arm and s/he did not move the arm toward the ball (however, if the player's arms were in an unnatural position such as above his/her shoulders or sticking out to the sides, then s/he should be called for a handball).

Slide Tackling and Bicycle Kicks

Dangerous Play – kicking while player is on the ground or above the waist when an opposing player is within 5 feet

Kickoff

Stoppage of play – made necessary due to the disciplining of an opposing player

Any other foul/violation not including goalie passback violation

Indirect Kick

The indirect free kick is a kick where a goal cannot be scored unless the ball is touched by another player (any player, teammate or opposition) before entering the goal. An indirect free kick will be awarded for:

Goalie Passback – (for explanation, see GOALIES section above)

*All free kicks will be taken from the spot of the foul. The free kick resulting from a goalie pass back will be taken from the spot where the ball was initially passed back from. The kicking team must wait for the referee to signal that the ball is back in play. All players must be 5 yards or more from the spot of the ball.

Penalty Kick

If any offenses occur within a team's own goal area, a penalty kick will be awarded:

- The kick shall be taken from the penalty line (12 yards out)
- All players other than the goalkeeper must stand behind the kicker while the kick is taken
- Players may not advance past the kicker until the ball has been struck

BALL IN AND OUT OF PLAY

Corner Kick

When the entire ball passes over the goal line and was last touched by a player from the defending team

The offensive team will put the ball back in play, when signaled to by the referee, from the corner of the field nearest to where the ball went out

Opposing players must be at least 5 yards from the ball

A corner kick is a direct kick. The offensive team can score without anyone else touching the ball

Goal Kick

When the entire ball passes over the goal line and was last touched by a player from the offending team

The defending team will put the ball back in play when signaled to by the referee

Goal kicks must be taken from any spot on or within the goal box

Opponents must clear the goal area

A goal kick is a direct kick. The offensive team can score without anyone else touching the ball

Throw-Ins

When the entire ball passes out of the field of play along the sideline a throw-in is awarded to the opposition of the team of the player who last played or touched the ball

The ball is thrown in from the spot where the ball left the field of play

The player throwing in the ball must have both feet touching the ground outside the field of play

Ball must be delivered with both hands from behind and over his/her head into the field of play

If there is an illegal throw, possession will be passed to the opposing team who will put the ball in play via throw-in

A throw-in which goes directly into an opponent's goal without touching any player on the field will be disallowed and throw will be re-taken

A throw in may go to the goalie but the goalie may not use their hands (An indirect kick will be taken from where the throw came from if a goalie uses their hands in this situation)

SCORING

The ball must completely cross the goal line to be considered a goal

If any part of the ball is touching the goal line, no goal will be allowed

For balls in the air, the entire ball must have crossed the imaginary plane of a goal line to be allowed including if part of the ball hit off one or more posts

After a goal is scored the ball returns to the center with the team scored upon taking the kickoff

REFEREEING/VOLUNTEER LINESMAN

ZS will provide a head referee for each field

STANDINGS

The standings for soccer will be based on the following point system:

Win – 3 points

Loss – 0 points

Draw – 1 point

Regular season games ending in a tie score after the end of regulation will be recorded as a draw. Sudden death overtime and penalty kicks (if necessary) will be used only in playoffs.

PLAYOFF GAMES

Playoff games will follow the same format during regulation as the regular season. If teams are tied at the end of regulation in the playoffs, sudden death overtime will be used.

Sudden Death

- 6 players per side from each team
- 1 - 5 minute period
- Coin toss/odds and evens/rock, paper, scissors will be conducted as at the beginning of the game to determine side/possession
- Teams will not switch sides
- If neither team scores after the 5 minute overtime period, teams will go into a shootout

Shootout

- Each team selects 5 players and informs referee of shooters prior to the first shot being taken
- Players do not have to have been playing at the end of regulation
- The goalie may be substituted for only once during the shoot out
- A coin toss will decide which team shoots first
- Both teams shoot at the same goal
- Teams will alternate taking direct penalty shots from 12 yards out from the goal line (no male/female shooting order is necessary)
- If tied after Round 1, Round 2 will be SUDDEN DEATH (i.e., 1st player from Team A scores and 1st player from Team B misses - Team A wins)
- Players who shot in the 1st shootout are not eligible to shoot again until all remaining players present have shot

If and when 1 team begins to utilize players for the second time, the other team may “recycle” players as well regardless of if everyone has shot yet. Thus, some players on the team with more people present may or may not shoot

TIE BREAKERS FOR PLAYOFFS/SEEDINGS

1. Total number of points
2. Head-to-head competition
3. Record against other teams in or tied for playoffs (winning percentage – i.e., 0-1 is same as 0-2, but 1-3 is better than 0-1)
4. Number of wins
5. Record against next best common opponent
6. If team forfeited, loses tie breaker if other tiebreaker rules don't resolve seeding
7. If none of the above tie breakers resolve seeding, ZogSports will execute a coin toss.

SPORTSMANSHIP

ZogSports is a charity-focused, social sports club for young professionals. Our goal is for you to have fun. We hope that you keep this in mind when participating. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by the referee or ZogSports staff may result in suspension and/or ejection from a game or the league.

SUSPENSIONS/EJECTIONS

Any player(s)/team(s) that are involved in a fight will be suspended from all ZogSports Leagues for life

Any teams may forfeit all remaining games

Any excessive contact or collision will result in a foul and ejection of player
Any player abusing the referee will automatically be ejected from the game without a warning

A player ejected for ANY reason will be suspended for the next game. If that player is caught playing in that game, the team will forfeit

RAINOUT/LIGHTNING INFORMATION

Games will be played rain or shine at the turf fields of Roosevelt & Eastern High School. In the event of bad weather/dangerous conditions, ZogSports offers two ways to check if your game is on or rained out:

Primary - Weather Alert Page at www.ZogSports.com/la and

Secondary - Weather Alert Hotline at 310-494-0394 (please do not leave a message on this number)

Be sure to check periodically throughout the day as conditions may change.

In the case of lightening, games will be postponed at the field for 20 or so minutes. Teams playing will be required to leave the field and move inside. Since games will resume about 20 after the last flash of lightning, teams are required to stay at the field until the field manager officially calls the game. Due to the limited field space in DC, ZogSports will always try to complete all games even if it means shortening games to 15 minute halves or 30 minutes total. If time limits the games to less time, we will try to reschedule the game. If teams leave the premises and the game continues, a forfeit will be awarded.

BEER/CLEAN-UP

Unfortunately beer is not allowed on/at the field. Please wait until after the games to join us at our Happy Hour bars for the drinking to begin. Please do your part to keep the parks clean and use the trash cans provided. This is really important. If anyone drinks alcoholic beverages at any of the fields, we risk losing our permits. Anyone who is caught drinking at the field risks being suspended for the remainder of the season without refund. We also risk losing our permits if we do not clean-up any trash left behind.

ZogSports is a Charity-Focused, Co-ed Social Sports League

While we appreciate the level of competitiveness in our league, we do not tolerate any unsportsmanlike behavior. This includes anyone who:

- Antagonizes players on other teams or their own teammates
- Exhibits excessive uncontrollable play
- Inappropriately “mouths off” to the referee(s)
- Verbally or physically threatens a member of our staff
- Any player ejected from a game will be suspended for a minimum of one game
- ZogSports reserves the right to remove any player from a game(s), season and/or future season

ZogSports reserves the right to remove a full team from the schedule and/or future seasons if we feel they are unable to participate in a manner in keeping with ZogSports' mission to provide a fun, charity-focused, co-ed league