

# **SUMMER 2016 SURFERS 7-A-SIDE LEAGUE**

## **League Rules & Regulations**

### **1. Rosters**

- a. All teams must submit official Team Rosters before the start of their first match.
- b. Maximum number of players on a roster is eleven.
- c. Teams may not add any players to their rosters after their 3<sup>rd</sup> match.
- d. Once rostered, teams may not remove or replace names on their roster.
- e. Un-rostered players may not participate in any match.

### **2. League Format**

- a. Round robin format (5 matches per team). At the end of round robin matches, teams finishing 1<sup>st</sup> & 2<sup>nd</sup> shall play for the Championship. Teams finishing 3<sup>rd</sup> & 4<sup>th</sup> shall play for 3<sup>rd</sup> place. Teams finishing 5<sup>th</sup> & 6<sup>th</sup> place shall play for 5<sup>th</sup> place.

### **3. Teams**

- a. If a team only has seven players, or less, for a match, the team may request to borrow up to two players rostered on another team. The choice and number of "borrowed" players will be at the sole discretion of the opposing team captain who can choose to deny the request. Both captains must inform the umpires, the names of the "borrowed" players prior to the start of the match.
- b. The Home team (first named team in the fixture) will be responsible for providing the match ball(s).
- c. The Away team (second named team in the fixture) will be required to wear to wear pinnies if there is a clash of colors between team jersey colors.

### **4. Forfeits**

- a. Minimum number of players required to avoid a forfeit is Four. If a team does not have at least four players on the field within 2 minutes of start time then a forfeit may be awarded to opposing team. A score of 0-6 and will be recorded and one point will be deducted from points table of the team that forfeits a match.
- b. If both teams fail to field the minimum number of players within 2 minutes of the start time then both teams will forfeit the match, a 0-0 score will be recorded and both teams will lose one point each.

### **5. Game Play**

- a. Padded goalkeepers are not allowed on any team.
- b. Shin guards are required for all players. No one may play without them. No exceptions.
- c. Teams may elect to field a kicking back with a different colored jersey. Kicking backs will have goalkeeper privileges inside their own penalty circle but may not cross the half line.
- d. Hitting the ball (with a high swinging motion) is not allowed. Slap hitting the ball which involves a long pushing or sweeping movement with the stick along the ground before making contact with the ball, is however allowed. Danger rule applies.
- e. Self passes off the side walls to one self are allowed.
- f. If ball hits the back-board within the striking circle accidentally, it will result in a "16" meters hit for the defending team (no long corner) .... Unless
  - i. The defending team intentionally plays the ball on to the back-boards inside the striking circle, in which case it will result in a penalty corner for the attacking team.

### **6. Penalty Corners**

- a. Offense will start with the ball in the center of the opponents 25 meters line.
- b. Offense may have any number of players anywhere inside the 25 meters area including inside the penalty circle.
- c. Defense can only have 3 defenders inside the penalty area. None inside the 25 line.
- d. All other defending team's players must situate themselves at least 5 meters away from the 25 meters line and towards the half line any may participate at the sound of the whistle.

- e. The penalty corner will start at the sound of the umpire's whistle.
- f. The ball must move 5 meters before it can be input into the circle.

7. **Penalty Strokes**

- a. Offense will start with the ball in the center of the opponents 25 meters line.
- b. Offense may have any number of players anywhere inside the 25 meters area including inside the striking circle.
- c. Defense can only have 2 defenders inside the penalty area.
- d. All other defending team's players must situate themselves at the half line any may participate at the sound of the whistle.
- e. The penalty stroke will start at the sound of the umpire's whistle.

8. **Duration of Matches** - All matches will be played with two 25 minute halves with a 5 minute half time break. (The organizing committee may modify the durations, if needed, to make up for lost time due to unforeseen circumstances)

9. **Umpires** - Each Team must designate at least one volunteer umpire and one Match Official\* to be available to umpire or officiate their scheduled games. Umpires must update their knowledge of the rules by reading the 2015 rules of hockey - <http://www.fih.ch/hockey-basics/rules/>

\* Responsibilities of the Match Official

- i. Keep time
- ii. Keep score
- iii. Record names of any "borrowed" players
- iv. Supervise the return of the green carded players back to the field after their 2 minutes suspension. (Yellow carded players must be summoned back by the Umpire who sent them off)

10. **Code of Conduct** - All players & umpires must abide by the club's "Players Code of Conduct" rules. A Team Manager and/or Captain will be responsible for entire team's behavior, both on and off the field. Any disciplinary action taken against a player may also be extended to the team Manager and/or the Captain of the team.

11. **Scoring** – All goals must be scored from inside the striking circle.

12. **Disciplinary Cards**

- a. Green Card – a two minute suspension
- b. Yellow Card – a minimum of five minute suspension
- c. Red Card – any player who receives a red card must leave the field immediately, may not remain at the team bench and may no longer participate in the match in any way.
  - i. A Red carded player will be automatically suspended for the team's next match (including the playoffs) and may be subject to further disciplinary action by the Disciplinary Committee.

The *Organizing committee* may amend or revise these rules at any time if deemed necessary to address any league related issues.

**Organizing Committee**

*Harkirat Guron*  
*Jagtar Battu*

**Disciplinary Committee**

*Adriana Dominguez*  
*Rakesh Bhardwaj*  
*Sarnjit Plahey*