



CALGARY WOMEN'S SOCCER ASSOCIATION

GENERATIONS UNITING TOGETHER

7v7 Modified Rules for CWSA – Indoor 2025-2026

Pre-game:

- No coin toss before the game. For the first half, teams will start on the same side/half as their bench and the away team will start with the ball.

7v7 rules will follow the FIFA Laws of the Game, except whereas follows:

- Games will be played **7v7** (7 players on the field for each team, including the goalkeeper).
- A **minimum of 5 players** are required per team to start and maintain a game.
- Each game will consist of two (2) **30-minute halves** with a maximum 3-minute half-time break.
- A maximum of **20 players** can be listed on the game sheet. Only those listed on the game sheet may be on the team bench.
- 7v7 is to be played on the quarter fields.
- Game clocks will start at the scheduled time. If play is not able to commence within the 5 minutes of the designated game start time due to one or both teams not being prepared to play (insufficient players, incomplete game sheet, lack of player cards, & being prepared to present players cards to official) the game shall be cancelled and the team(s) responsible noted on the game sheet.
- The ball is out of play when it touches the ceiling or building structure overhanging the field of play.
 - Restart: Throw-in to the opponents of the player who last touched the ball, at the touchline closest to where the ball touched the ceiling or structure.
- Unlimited number of substitutions at one time. Substitutes should be ready at the halfway line and are only permitted to enter the game during a stoppage in play.
- There is no stop time.
- There are **NO OFFSIDES or retreat line**.
- Throw-ins, not kick-ins.
- There are no restrictions on goalkeeper distribution.
- Red carded players should be instructed to leave the playing area and are **NOT** to be replaced by another player – the team plays a player short for the remainder of the game.
- Free Kicks: Opposing players must be 6 yards from the ball, prior to the kick being taken.