SEVEN LEAGUE

FOOTBALL 7

SEASON 2026/27

SEASON 2026/27 | SEVEN LEAGUE

OFFICIAL LEAGUE RULES & REGULATIONS

Football 7 competition handbook | Sporting rules and administration

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IMPORTANT - SCOPE AND ACCEPTANCE

This handbook governs sporting and competition matters. It applies alongside the applicable registration and participation terms, payment conditions and the Seven League Privacy Notice. Version 1.2 updates late-arrival and no-show provisions for Basel; other rules remain unchanged.

SEVEN LEAGUE (VEREIN)

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1. Status, scope and authority

1.1 Purpose

These Rules and Regulations govern the organisation and sporting operation of Seven League Football 7 competitions, including league matches, league cup matches and any other competition expressly declared subject to this document.

They are intended to provide a safe, fair, competitive and predictable framework for teams, players, team officials, referees, spectators and the Seven League organisation.

1.2 Regulatory basis

Matches are played under the IFAB Laws of the Game 2026/27 except where those Laws are modified by this document for Football 7, grassroots competition, the available facilities or the operational needs of Seven League.

The principal Seven League modifications are:

- seven players per team, including the goalkeeper;
- a minimum of five players to start or continue a match;
- unlimited return substitutions;
- two halves of 25 minutes;
- a five-minute half-time interval;
- no offside;
- reduced restart distances;
- Football 7 field and goal dimensions; and
- the specific disciplinary, scheduling and competition rules in this document.

If there is a conflict, the following order of priority applies:

1. mandatory safety instructions from the venue, emergency services or match referee;
2. a written Competition Notice or event-specific regulation issued by Seven League;
3. these Rules and Regulations;
4. the current IFAB Laws of the Game; and
5. the referee's reasonable interpretation where a situation is not otherwise covered.

1.3 Competition Notices

Before a competition begins, Seven League may issue a Competition Notice confirming matters such as the participating teams, divisions, competition format, match calendar, venue, promotion and relegation, cup format, player eligibility restrictions, entry conditions and any event-specific variation.

A Competition Notice may vary match duration or format for a cup, tournament or special event. It may not reduce fundamental safety or anti-discrimination standards.

1.4 Acceptance

Registration of a team, submission of a player registration or participation in a match constitutes acceptance of these Rules and Regulations and of valid decisions made under them.

The team representative must make this document available to all registered players and team officials. A participant cannot avoid a rule or sanction solely because the participant did not read the document.

1.5 Authority and fair exercise of discretion

Seven League has authority to administer the competition, verify eligibility, confirm results, correct administrative errors, investigate incidents and impose sporting, disciplinary or financial sanctions within the limits of these Rules and the applicable participation terms.

Where discretion is required, Seven League will consider safety, sporting integrity, consistency, proportionality, the available evidence and the proper completion of the competition.

1.6 Official communications

Notices sent to the registered team representative through the league platform, the registered email address or another official communication channel designated by Seven League are deemed communications to the team.

Teams must keep their contact details current and monitor official communications. Failure to read a properly sent notice does not normally invalidate it.

1.7 Language and translations

The English version is the controlling version. Any German, French, Spanish or other translation is provided for convenience. If translations differ, the English wording prevails unless mandatory law requires otherwise.

1.8 No implied affiliation

Reference to the IFAB Laws does not imply that Seven League is affiliated with, endorsed by or acting on behalf of IFAB, FIFA, the Swiss Football Association or another governing body unless Seven League expressly confirms such status in writing.

2. Competition formation and structure

2.1 Season and territory

The standard season runs between September and June. Exact dates, match weeks and breaks are published in the official calendar. Seven League may operate competitions in Basel and in other locations announced by the organisation.

2.2 Minimum number of teams

A stand-alone league or stand-alone category will normally be confirmed only when at least ten teams have completed the required registration steps by the applicable deadline.

If a proposed Open, Corporate or other category does not reach the minimum:

- Seven League may combine compatible categories into one competition;
- Seven League may offer the affected teams a place in another suitable division;
- Seven League may postpone the launch; or
- Seven League may cancel the category and handle reservation payments in accordance with the published payment terms.

Seven League will communicate the chosen solution before the competition begins.

2.3 Number of teams and divisions

There is no fixed overall maximum number of accepted teams. If registrations justify it and facilities allow, Seven League may create multiple divisions, parallel groups or geographic conferences.

Placement may take account of prior results, declared level, corporate or open status, sporting balance, scheduling requirements and available capacity. No team has an automatic right to a particular division.

2.4 League format

The Competition Notice will state whether teams play each other once, twice or in another balanced format. Seven League may use an initial group stage followed by championship and placement groups where this produces a fairer or more practical competition.

All teams in the same table should, as far as reasonably possible, play the same number of matches against the same opponents. If this becomes impossible, Seven League may apply an adjusted table method announced to the affected teams.

2.5 Promotion and relegation

Where more than one division exists, the number of promotion and relegation places will be announced before the first match whenever practicable.

Promotion and relegation may be adjusted if teams withdraw, divisions are restructured, new geographic competitions are created or the number of entries materially changes. Sporting performance remains the primary criterion.

2.6 League cup and special competitions

The league cup and other knockout competitions are governed by these Rules unless the relevant Competition Notice states otherwise.

If a knockout match is level at full time, it proceeds directly to a penalty shoot-out with three kicks per team followed, if still level, by alternating sudden-death kicks. Extra time is played only if the Competition Notice expressly provides for it.

Group-stage cup rankings use the league tie-breakers in Section 6 unless a different order is announced before the event.

2.7 Competition changes

Seven League may make proportionate changes to format, dates or divisions when required by facility availability, weather, official restrictions, team withdrawals, safety, force majeure or another material operational reason.

No team is guaranteed a particular opponent, day, pitch or total number of matches if circumstances outside Seven League's reasonable control make delivery impossible. Seven League will make reasonable efforts to preserve sporting fairness and the core value of the competition.

3. Team entry, identity and responsibilities

3.1 Team representative

Each team must appoint one primary representative and may appoint one deputy. The representative is responsible for:

- registration and accurate team information;
- official communications;
- payment obligations under the team agreement;
- maintaining the player roster;
- submitting the matchday list;
- communicating suspensions and decisions to the team;
- the conduct of players, officials and associated spectators; and
- cooperating with investigations and emergency procedures.

3.2 Team name, badge and company identity

Team names, badges, shirts and promotional material must not be unlawful, discriminatory, obscene, threatening, misleading or likely to damage the reputation of the competition.

A team using a company, club, sponsor or third-party name, logo or trademark is responsible for having the necessary permission. Registration does not itself prove or create that permission.

Seven League may require a team to change an identity that infringes rights, causes confusion, conflicts with a league-wide sponsor arrangement or breaches this section.

3.3 Financial obligations

Entry fees, reservation payments, instalments, cancellation consequences and included services are governed by the applicable registration and payment terms.

Sporting sanctions do not remove outstanding financial obligations, and payment of a fee or fine does not cancel a sporting sanction.

3.4 Withdrawal

A team considering withdrawal must notify Seven League immediately. A withdrawal is effective only when confirmed in writing by Seven League.

Depending on timing and consequences, withdrawal may result in:

- loss of reservation or entry payments under the payment terms;
- liability for unavoidable third-party costs;
- annulment or retention of results under Section 6.7;
- removal from cup competitions;
- restriction on entry in a future season; and
- disciplinary action if the withdrawal is used to manipulate the competition.

3.5 Team responsibility

A team is responsible for acts and omissions of its players, substitutes, team officials and spectators who are clearly associated with it. This includes conduct before, during and after a match and conduct in changing areas, venue grounds and official digital channels.

3.6 Captain

Each team must identify a captain on the match sheet. The captain must wear an armband and has particular responsibility for communication with the referee and for helping control teammates.

If the goalkeeper is captain, the team must also nominate an outfield player who may approach the referee when the referee requests an outfield representative.

3.7 Team officials

A maximum of two non-playing team officials may occupy the technical area unless Seven League authorises more. Officials must be named on the match sheet and remain within the designated area except when permitted to assist an injured player.

An official may be cautioned or sent off. A dismissed official must leave the field surroundings and may not direct the team from another nearby position.

3.8 Spectators

Spectators must remain in permitted areas, respect venue instructions and not interfere with play, officials or participants.

The team representative must assist in identifying and controlling associated spectators. Serious or repeated spectator misconduct may result in removal, spectator restrictions, a match being abandoned, a fine, a points deduction or exclusion of the team.

4. Player registration and eligibility

4.1 Season roster

There is no fixed maximum season roster unless a Competition Notice states otherwise. Every player must nevertheless be individually registered and approved before participating.

The matchday list is limited to 14 players: seven starters and up to seven substitutes.

4.2 Basic eligibility

Unless a Competition Notice imposes a narrower condition, Seven League is an open amateur competition without a gender restriction.

Players must normally be at least 18 years old. A player aged 16 or 17 may participate only with prior written approval from Seven League, written consent from a parent or legal guardian and compliance with any additional safeguarding or insurance requirement. Players under 16 may not participate in adult competitions.

4.3 Licensed, semi-professional and professional players

Seven League may restrict currently licensed, semi-professional or professional players where necessary to protect the intended amateur level or divisional balance.

Any restriction, threshold or exception should be stated in the Competition Notice. A team must disclose relevant playing status honestly when asked.

4.4 Corporate competitions

The Competition Notice for a Corporate League may specify the required relationship between players and the represented company or organisation, including any limit on external guest players.

Where no special condition is published, the team remains responsible for accurately representing its corporate connection and for not misleading opponents or the public.

4.5 One-team rule

A player may represent only one team in the same Seven League competition during a season.

A player may not use a different spelling, account or identity to represent another team. A permanent transfer is permitted only with prior written approval from Seven League and will normally require:

- a genuine reason;
- confirmation from both team representatives where appropriate;
- no outstanding suspension or disciplinary process;
- no risk to sporting integrity; and

- compliance with any transfer deadline.

Approval is exceptional and is not retroactive.

4.6 Registration deadline

Players must be entered in the official system no later than 12:00 local time on matchday unless a different deadline is published.

Seven League may approve a genuine administrative correction before kick-off, but a team cannot demand late approval and must not field a player while approval is uncertain.

4.7 Identity checks

A player must, on request, present an official photo identification document or another identification method approved by Seven League.

Refusal or inability to establish identity may prevent participation. Seven League will handle identity information proportionately and in accordance with the applicable privacy notice.

4.8 Accuracy

The team and player are jointly responsible for ensuring that registration details are complete and accurate. This includes name, date of birth, contact information, team, eligibility declarations and suspension status.

4.9 Ineligible players

An ineligible player includes a person who is:

- not registered or not approved;
- registered for another team contrary to the one-team rule;
- suspended;
- using a false identity or another person's registration;
- outside an applicable age, corporate, licence or competition restriction; or
- omitted from the final matchday list.

Fielding or attempting to field an ineligible player may result in removal before or during the match, a forfeit, points deduction, fine and further suspension. Lack of knowledge is not normally a defence for the team.

4.10 Effect of later discovery

Eligibility may be reviewed after a match. A result can be changed even if the referee allowed the player to participate, because the referee does not determine administrative eligibility.

Unless exceptional circumstances require another remedy, a proven ineligible-player violation results in a 0-3 forfeit or the actual result if that is less favourable to the offending team.

5. Fixtures and matchday administration

5.1 Binding fixtures

The official schedule is binding once published. Teams must plan to fulfil every fixture and may not make private changes without written confirmation from Seven League.

5.2 Arrival

Teams should arrive at least 20 minutes before kick-off. The representative must complete the matchday list and any identity or equipment checks no later than 10 minutes before kick-off.

Warm-up must take place only in an authorised area and must not delay an earlier match.

5.3 Final matchday list

The final matchday list must identify:

- all participating players;
- the starting goalkeeper;
- the captain;
- shirt numbers;
- substitutes; and

- team officials.

Only named players may participate. A player arriving after kick-off may participate only if already listed and after the referee has been informed.

5.4 Minimum readiness

At the scheduled kick-off time, a team is ready only if at least five eligible and properly equipped players, including a goalkeeper, are present at the field and the matchday administration is complete.

5.5 Late arrival

A maximum grace period of 5 minutes may be allowed when this does not disrupt the venue schedule.

If the match starts late because of one team, the referee or Seven League may shorten both halves equally so the allocated field slot is respected. A shortened league match should not be reduced below two halves of 20 minutes. If that is not possible, the late team normally forfeits.

Persistent lateness is a disciplinary matter even where matches are eventually played.

5.6 No-show

A team not ready within the five-minute grace period normally loses by forfeit.

First no-show: CHF 100; second no-show: CHF 200. Charges are in addition to sporting sanctions.
If neither team is ready, Seven League may record 0-0/no points, a double forfeit, or reschedule exceptionally.

5.7 Match protocol

Before kick-off, the captains and referee should confirm:

- team colours and goalkeeper colours;
- the identity of the captains;
- the permitted technical areas;
- any relevant field-specific condition;
- the substitution procedure; and
- the official match time.

5.8 Match report

The referee's report is the primary record of the score, cards, dismissals, serious incidents and abandonment.

Team representatives should review the recorded score and obvious identity details promptly. A signature or digital acknowledgement confirms receipt, not agreement with every refereeing decision.

5.9 Statistical corrections

A request to correct an administrative statistic, such as the identity of a goalscorer, must normally be submitted within 48 hours with credible evidence.

Statistics do not override the official result or a referee's factual decision. Seven League may correct a clear clerical error at any time.

5.10 Missing referee

If the appointed referee is unavailable, Seven League may appoint a replacement.

Teams must not treat a match as official under a privately chosen referee unless Seven League authorises that arrangement. A friendly played without authorisation does not automatically create an official result.

6. Points, standings and sporting outcomes

6.1 Match points

League points are awarded as follows:

Result	Points
Win	3
Draw	1
Loss	0
Forfeit loss	0, subject to any additional deduction

6.2 Ranking order

Teams are ranked by total points. If two or more teams are level, the following tie-breakers apply in order:

1. overall goal difference;
2. overall goals scored;
3. points obtained in matches between the tied teams;
4. goal difference in matches between the tied teams;
5. goals scored in matches between the tied teams;
6. lower fair-play score;
7. a play-off where the title, promotion or relegation is directly affected and a play-off is reasonably practicable; or
8. a draw conducted by Seven League.

When more than two teams are tied, head-to-head criteria are applied as a mini-table using only matches among those teams. If the application of a criterion separates only some teams, the sequence restarts for the teams that remain tied.

6.3 Fair-play score

For ranking purposes, the lower score is better:

Incident	Fair-play points
Yellow card	1
Sending-off for two yellow cards	3
Direct red card	4
Team official dismissal	4
Additional serious post-match sanction	5

Seven League may exclude a card later established to be a case of mistaken identity.

6.4 Forfeit score

The standard forfeit score is 0-3.

If the non-offending team had already achieved a more favourable score when a match was abandoned, Seven League may retain the actual score. Individual goals are not awarded for an unplayed 0-3 forfeit.

6.5 Points deductions

A points deduction is applied in addition to the match result. The table may show a negative points total.

Points deductions may be imposed for repeated no-shows, ineligible players, match manipulation, serious misconduct, non-compliance with disciplinary decisions or another serious breach affecting sporting integrity.

6.6 Unequal match totals

If teams finish with unequal numbers of matches and the missing matches cannot reasonably be played, Seven League may:

- decide the table on points per match;
- exclude specified matches to create a comparable table;
- determine outstanding matches as forfeits; or
- use another transparent method communicated to all affected teams.

The method that best preserves fairness in the actual competition circumstances will be selected.

6.7 Withdrawal during the season

If a team withdraws before completing 50% of its scheduled league matches, its results will normally be annulled.

If a team withdraws after completing at least 50%, results already played will normally stand and remaining matches will be recorded as 0-3 forfeits. Seven League may depart from this approach if manipulation, a highly unbalanced schedule or another exceptional circumstance makes it unfair.

6.8 Champion and awards

The team ranked first after all valid adjustments is the league champion.

Seven League may present awards including champion, cup winner, top goalscorer, most valuable player, goalkeeper award and fair-play award. A player or team may be declared ineligible for an award because of serious misconduct, false statistics, ineligibility or failure to complete the competition.

7. Field of play, goals and ball

7.1 Approved facility

Matches are played on the field allocated by Seven League. The markings and fixed dimensions of the approved facility prevail, provided the referee considers the field safe and suitable.

Typical Football 7 dimensions are approximately 50-70 metres long and 30-50 metres wide, with goals approximately 5-6 metres wide and 2 metres high. These ranges are guidance, not a basis for a protest where an approved venue uses different safe dimensions.

7.2 Markings

The field should clearly identify the touchlines, goal lines, halfway line, centre mark, penalty areas, penalty marks and corner areas where applicable.

If a marking is missing or unclear, the referee will agree a practical interpretation with the captains before kick-off. That interpretation applies for the match.

7.3 Penalty mark and distances

The marked penalty spot is used. If no suitable spot is marked, the penalty mark is eight metres from the centre of the goal line.

Unless another distance is specified, opponents must remain at least five metres from a free kick, kick-off, corner kick or dropped ball.

7.4 Technical and spectator areas

Substitutes and team officials must remain in the designated technical area. Spectators must remain outside the playing enclosure or behind the boundary set by the venue or organiser.

7.5 Field inspection

The referee may require hazards to be removed or corrected, including unsecured goals, damaged nets, standing water, ice, holes, debris, insufficient lighting or unsafe objects near the boundary.

No match may begin or continue if the referee considers an essential safety issue unresolved.

7.6 Goals and nets

Goals must be securely anchored or otherwise safely stabilised. Nets must not create a danger or materially interfere with the goalkeeper.

Moving, climbing on or deliberately striking a goal is prohibited.

7.7 Ball

A size 5 football is used unless a Competition Notice states otherwise. Seven League or the venue normally supplies the match ball, but each team should have a suitable backup ball available.

The referee decides whether a ball is suitable. The ball may be replaced during play at the referee's direction.

7.8 Defective ball

If the ball becomes defective while in play, play is stopped and restarted with a dropped ball at the position where the ball became defective, subject to the special procedure for the penalty area.

If it becomes defective at a kick-off, goal kick, corner, free kick, penalty or throw-in before touching another player, the restart is retaken.

8. Number of players and substitutions

8.1 Number on the field

Each team plays with seven players, one of whom must be the goalkeeper.

8.2 Minimum number

A match may not start or continue if a team has fewer than five players.

If a team temporarily has fewer than five because of an injury being assessed, the referee may allow a short reasonable period for treatment or for an eligible substitute to enter. The match must be abandoned if the team cannot restore five players.

8.3 Starting with fewer than seven

A team may start with five or six players. A player who arrives later may join only if named on the matchday list, properly equipped and admitted by the referee during a stoppage.

The opposing team is not required to reduce its number of players.

8.4 Unlimited return substitutions

Unlimited return substitutions are permitted. A player who has been replaced may return later, provided the player remains eligible and has not been sent off.

8.5 Substitution procedure

A substitution must:

- occur during a stoppage in play;
- be requested or clearly indicated to the referee;
- take place at the halfway line or designated substitution zone;
- occur only after the outgoing player has left, except where the referee allows an injured player to leave elsewhere; and
- be completed only after the referee gives permission.

Substitutions must be prompt. Repeated or tactical delay may be cautioned.

8.6 Substitution offences

If a substitute enters early or without permission, the referee may stop play, caution the substitute and order the player off until the substitution is completed correctly.

If an extra player interferes with play, the restart is a direct free kick or penalty kick from the position of the interference, subject to the IFAB Laws.

8.7 Goalkeeper change

An outfield player may change places with the goalkeeper only during a stoppage and after informing the referee. The new goalkeeper must wear a distinguishable goalkeeper shirt.

An unauthorised change does not automatically stop play, but both players may be cautioned at the next stoppage.

8.8 Sent-off players

A player sent off after kick-off cannot be replaced. The team plays with one fewer player for the remainder of the match.

If dismissals or other losses reduce a team below five players, the match is abandoned and Section 19 applies.

9. Player equipment

9.1 Compulsory equipment

Each player must wear:

- a shirt or jersey;
- shorts or suitable sports bottoms;
- socks;
- shin guards fully covered by the socks; and
- footwear suitable for the surface.

9.2 Team colours

Outfield players must wear matching or clearly coordinated shirts. Shirt numbers must be unique within the team on that matchday and correspond to the match sheet.

The goalkeeper must wear colours clearly distinguishable from both teams and the referee.

9.3 Colour clash

The home team shown in the schedule has first responsibility to change or wear bibs if the referee considers the colours insufficiently distinguishable.

Seven League may provide bibs, but the team's obligation to be properly equipped remains.

9.4 Footwear

Footwear must comply with venue rules and be safe for artificial turf or the relevant surface.

Metal studs, damaged studs, exposed sharp parts and footwear likely to damage the field are prohibited unless the venue and referee have expressly approved the specific footwear.

9.5 Dangerous items

A player must not wear or carry anything dangerous. Jewellery and accessories must be removed unless the referee is satisfied that the item is non-dangerous and safely and securely covered in accordance with the current IFAB Law.

Taping does not automatically make a dangerous item acceptable. The referee's safety decision is final.

9.6 Protective equipment

Non-dangerous protective equipment, sports glasses, soft headgear, face masks, knee or arm protectors and religious head coverings may be permitted if securely fitted and safe for all participants.

A rigid cast or brace may be prohibited even if padded where the referee considers it dangerous.

9.7 Electronic devices

Players may not use headphones, handheld communication devices, cameras or performance equipment that creates a safety risk or provides live external tactical communication while on the field.

Medical and performance monitoring devices may be worn if safe and permitted by the referee and venue.

9.8 Blood and damaged equipment

A player who is bleeding or has blood on clothing must leave the field. The player may return only when the bleeding has stopped, contaminated clothing has been replaced or cleaned and the referee is satisfied.

A player ordered off to correct equipment may return only with the referee's permission.

10. Match duration and timekeeping

10.1 Standard duration

A league match consists of two equal halves of 25 minutes.

10.2 Half-time

The standard half-time interval is five minutes. It may be shortened with the referee's approval where required by safety, weather or the facility schedule, but teams are entitled to a reasonable break.

10.3 Running clock

The match uses a running clock. Routine substitutions, throw-ins, goal kicks and goal celebrations do not automatically stop the clock.

10.4 Added time

The referee may add time for significant injury treatment, disciplinary incidents, deliberate time-wasting, external interference or another exceptional delay.

Because field slots are scheduled, added time must be proportionate and may be limited by a mandatory venue deadline. The referee's timekeeping is final.

10.5 Drinks and cooling breaks

Seven League or the referee may authorise brief drinks or cooling breaks because of heat, air quality or other welfare conditions. Both teams receive the same opportunity.

10.6 Penalty at the end of a half

Time is extended for a penalty kick that must be taken or retaken. The half ends when the penalty procedure is completed.

10.7 Event-specific duration

A Competition Notice may establish shorter matches for a tournament, group stage or special event. The published event duration replaces this section only for that event.

11. Start and restart of play

11.1 Coin toss

The referee conducts a coin toss. The winning team chooses the goal to attack in the first half or takes the opening kick-off. The other team receives the remaining choice.

Teams change ends for the second half, and the team that did not take the first kick-off starts the second half.

11.2 Kick-off

At kick-off:

- all players except the kicker must be in their own half;
- opponents must be at least five metres from the ball;
- the ball is stationary on the centre mark; and
- the ball is in play when kicked and clearly moves.

A goal may be scored directly against the opponents from kick-off. If the ball goes directly into the kicker's own goal, a corner is awarded.

11.3 Restart after a goal

After a valid goal, the team that conceded takes the kick-off. The referee should not restart until both teams have had a reasonable opportunity to return to their halves, but deliberate delay may be sanctioned.

11.4 Dropped ball

If play is stopped for a reason not requiring another restart, the referee drops the ball:

- to the defending goalkeeper in the penalty area if the ball was in that penalty area or was last touched there; or
- to one player of the team that last touched the ball at the position of the last touch in all other cases.

All other players must remain at least five metres away until the ball is in play.

11.5 Ball touching the referee

If the ball touches the referee, remains on the field and this starts a promising attack, changes possession or results directly in a goal, play is stopped and restarted with a dropped ball.

11.6 Restart discipline

Restarts must be taken without unnecessary delay. The referee may allow a quick free kick where it is safe and lawful.

An opponent who deliberately prevents or delays a restart, fails to retreat or kicks the ball away may be cautioned.

12. Ball in and out of play, goals and offside

12.1 Ball out of play

The ball is out of play when:

- it has wholly crossed the touchline or goal line on the ground or in the air;
- the referee stops play; or
- it touches a match official and one of the special outcomes in Section 11.5 occurs.

At all other times the ball is in play, including when it rebounds from a post, crossbar, corner marker or match official and remains on the field.

12.2 Goal scored

A goal is scored when the whole ball passes over the goal line, between the posts and under the crossbar, provided the scoring team has committed no offence.

If the referee signals a goal before the whole ball has crossed the line, play restarts with a dropped ball.

12.3 No offside

The offside rule does not apply in Seven League Football 7.

A player's advanced position is therefore not, by itself, an offence. The player remains subject to all other rules, including impeding, holding, dangerous play, goalkeeper interference and unsporting behaviour.

12.4 Outside interference

If an outside person, animal, second ball or object interferes with play, the referee stops play unless a valid advantage can safely be applied and restarts with a dropped ball or the restart required by the IFAB Laws.

If interference by a player, substitute or team official affects a goal or promising attack, disciplinary and match sanctions may apply.

13. Fouls and misconduct during play

13.1 Direct free kick offences

A direct free kick is awarded when a player carelessly, recklessly or with excessive force charges, jumps at, kicks, pushes, strikes, tackles, challenges or trips an opponent.

A direct free kick is also awarded for a handball offence, holding, impeding with contact, biting, spitting or throwing an object at the ball, a person or a match official.

If the offence is committed by a defender inside that team's penalty area, a penalty kick is awarded.

13.2 Careless, reckless and excessive force

- Careless means a lack of attention or precaution. A foul is awarded without a card unless another card reason exists.
- Reckless means disregard for the danger or consequences to an opponent. The player is cautioned.
- Excessive force means exceeding the necessary force or endangering an opponent's safety. The player is sent off.

13.3 Sliding challenges

To reduce injury risk in grassroots Football 7, a player must not slide on the ground to challenge an opponent who is within playing distance of the ball.

A controlled slide to keep a ball in play, block a shot or intercept a pass may be allowed only where no opponent is endangered or prevented from safely playing the ball.

The restart and card depend on the nature of the action:

- an unsafe sliding challenge with contact is a direct free kick or penalty;
- a dangerous slide without contact is an indirect free kick;
- a reckless slide is a yellow card; and
- a slide using excessive force or endangering safety is a red card.

The goalkeeper may slide within the penalty area to play the ball but has no special permission to endanger an opponent.

13.4 Handball

Not every contact between the ball and hand or arm is an offence.

A handball offence normally occurs when a player:

- deliberately touches the ball with the hand or arm;
- makes the body unnaturally bigger with the hand or arm and accepts the resulting risk; or
- scores directly, or immediately after contact, with the hand or arm.

The upper boundary of the arm is in line with the bottom of the armpit. The referee judges movement, proximity, expected body position and whether the position is justifiable for the action.

13.5 Indirect free kick offences

An indirect free kick is awarded for dangerous play without contact, impeding without contact, preventing the goalkeeper from releasing the ball, specified verbal offences and goalkeeper handling restrictions.

13.6 Goalkeeper handling

Inside the penalty area, the goalkeeper may use the hands except when:

- receiving a ball deliberately kicked by a teammate;
- receiving a ball directly from a teammate's throw-in;
- touching the ball again with the hands after releasing it before another player touches it; or
- participating in a deliberate trick designed to bypass the back-pass rule.

These offences result in an indirect free kick and do not normally require a card unless a promising attack, goal or obvious scoring opportunity is improperly prevented.

13.7 Eight-second goalkeeper limit

A goalkeeper controlling the ball with the hands or arms inside the penalty area must release it within eight seconds.

The referee determines when control begins and visually counts down the final five seconds. If the goalkeeper fails to release the ball in time, a corner kick is awarded to the opposing team from the corner nearest the goalkeeper's position.

An opponent may not challenge the goalkeeper while the goalkeeper has hand or arm control of the ball.

13.8 Dangerous play

Dangerous play includes an action that threatens injury while attempting to play the ball and causes an opponent to refrain from playing it for fear of injury.

High feet, uncontrolled overhead kicks and playing the ball while on the ground in a crowded challenge may be penalised even without contact.

13.9 Advantage

The referee may allow play to continue when the non-offending team benefits from an immediate advantage and may return to issue a card at the next stoppage.

Advantage should not normally be applied after serious foul play, violent conduct or an offence requiring a second yellow card unless there is a clear immediate opportunity to score.

13.10 Denying a goal or obvious goal-scoring opportunity

In deciding whether an offence denied an obvious goal-scoring opportunity, the referee considers distance from goal, direction of play, likelihood of controlling the ball and location and number of defenders, adapted to the smaller Football 7 field.

A deliberate handball denial or a non-genuine challenge outside the penalty area is normally a red card. Where a penalty is awarded for a genuine attempt to play or challenge for the ball, the player is normally cautioned, consistent with the IFAB Laws.

14. Free kicks and other restarts

14.1 Direct and indirect free kicks

A direct free kick may be scored directly against the opponents. The referee signals an indirect free kick by raising an arm; a goal counts only if another player touches the ball before it enters the goal.

If an indirect free kick enters the opponents' goal without another touch, a goal kick is awarded. If any free kick enters the kicker's own goal without another touch, a corner is awarded.

14.2 Position and distance

The ball must be stationary. Opponents must remain at least five metres away until the ball is in play unless they are on their own goal line between the posts.

The ball is in play when kicked and clearly moves.

14.3 Free kicks inside the defending penalty area

For a free kick taken by the defending team inside its penalty area, opponents must remain outside the penalty area until the ball is in play.

If an indirect free kick for the attacking team occurs so close to goal that the marked field does not provide a safe or workable position, the referee places the ball at the nearest point on the goal-area line parallel to the goal line or, if no goal area is marked, at the nearest practical point on the penalty-area boundary.

14.4 Penalty kick

The penalty is taken from the marked penalty spot or, if none is suitable, from eight metres.

At the kick:

- the ball must be stationary;
- the kicker must be clearly identified;
- the goalkeeper must face the kicker with at least part of one foot touching, in line with or behind the goal line until the ball is kicked;
- all other players must be on the field, at least five metres from the ball, behind the penalty mark and outside the penalty area; and
- the kicker must play the ball forward.

The kicker may not play the ball again until another player touches it.

14.5 Penalty shoot-out

Only players on the field at the end of the match, including a player temporarily off for injury or equipment, are eligible unless the referee authorises a goalkeeper replacement under the IFAB procedure.

Teams must equalise the number of eligible players before and during the shoot-out if one team has more. Each eligible player must take a kick before any player takes a second.

The standard series is three kicks per team, taken alternately. If still level, one kick per team is taken until one team leads after an equal number of kicks.

14.6 Throw-in

A throw-in is awarded to the opponents of the player who last touched the ball before it wholly crossed the touchline.

The thrower must:

- stand facing the field;
- have part of each foot on the touchline or on the ground outside it;
- throw the ball with both hands from behind and over the head; and
- deliver it from the point where the ball left the field.

Opponents must remain at least two metres away. A goal cannot be scored directly from a throw-in.

14.7 Goal kick

A goal kick is awarded when the ball wholly crosses the goal line after last touching an attacker and no goal is scored.

The ball is kicked from within the goal area or the practical goal-kick area indicated by the referee. It is in play when kicked and clearly moves. Opponents must remain outside the penalty area until the ball is in play.

A goal may be scored directly against the opponents from a goal kick. If the ball enters the kicker's own goal without another touch, a corner is awarded.

14.8 Corner kick

A corner is awarded when the ball wholly crosses the goal line after last touching a defender and no goal is scored, and when the goalkeeper commits the eight-second offence.

The ball is placed in the nearest corner area. Opponents must remain at least five metres away until the ball is in play. A goal may be scored directly against the opponents.

14.9 Double touch

At a kick-off, free kick, penalty, goal kick, corner or throw-in, the player taking the restart may not touch the ball again until another player touches it.

An ordinary double touch results in an indirect free kick. A handball double touch is sanctioned in accordance with the IFAB Laws and may result in a direct free kick or penalty.

15. Referees and match control

15.1 Referee authority

The referee has full authority to enforce the playing rules from the pre-match inspection until leaving the field area after the match, including any penalty shoot-out and post-match incidents.

15.2 Final factual decisions

The referee's decisions on facts connected with play are final. This includes whether a goal was scored, whether an offence occurred, the identity of a cautioned or dismissed player subject to correction for mistaken identity, timekeeping and whether conditions are safe.

A referee may change a decision before play restarts or before the match ends where the referee realises an error or receives permitted information from another appointed official.

15.3 Powers and duties

The referee may:

- start, stop, suspend or abandon the match;
- apply advantage;
- take disciplinary action;
- remove unauthorised or dangerous persons;
- require equipment or field defects to be corrected;
- permit or deny treatment on the field;
- enforce venue and safety instructions; and
- submit a report to Seven League.

15.4 Only the captain

Seven League applies an "only the captain" communication principle.

Players must not surround, crowd, pursue or intimidate the referee. When an explanation is appropriate, the referee may invite the captain to approach respectfully. Other players must remain away and continue preparing for the restart.

The captain has no right to debate every decision. Dissent by word or action may be cautioned, and abusive or threatening conduct results in dismissal and further sanction.

15.5 No VAR

There is no video assistant referee system. A recording, if one exists, is not used to re-referee ordinary factual decisions such as routine fouls, handball, offside, throw-ins or whether the ball crossed a line.

Seven League may review credible video solely for serious disciplinary or integrity matters, including mistaken identity, violent conduct unseen by officials, discriminatory conduct, false identity or match manipulation.

15.6 Respect and protection

Physical contact with a referee, threats, intimidation, discriminatory abuse, persistent following after the match or attempts to obtain a decision through pressure are serious offences.

Team representatives must actively help protect officials and enable them to leave safely.

15.7 Injury treatment

The referee may stop play immediately for a serious injury or allow play to continue briefly for a minor injury.

Except for a goalkeeper, a seriously injured player or another recognised exception, a player assessed on the field should leave the field before returning with permission.

16. Cards, suspensions and disciplinary process

16.1 Yellow card

A yellow card is an official caution. Cautionable conduct includes reckless play, dissent, persistent offences, delaying a restart, failing to respect distance, unauthorised entry, simulation and other unsporting behaviour.

16.2 Red card

A red card sends off a player, substitute or team official. Sending-off offences include serious foul play, violent conduct, biting or spitting, denying a goal or obvious opportunity in specified circumstances, offensive or abusive conduct, a second yellow card and serious misconduct towards an official.

A sent-off person must leave the playing enclosure and may not remain close enough to influence or disrupt the match.

16.3 Yellow-card accumulation

Yellow cards are accumulated separately within each competition:

- three yellow cards: one-match suspension;
- five total yellow cards: one-match suspension;
- seven total yellow cards: one-match suspension; and
- each further two yellow cards: one-match suspension and disciplinary review.

Seven League may increase a suspension for a persistent pattern of misconduct.

16.4 Two yellow cards in one match

A second yellow card in the same match results in a red card and an automatic one-match suspension.

The first caution counts towards season accumulation. The second caution is recorded as the cause of the sending-off but does not add a separate accumulation point. If the first caution triggers an accumulation suspension, that suspension is served in addition to the sending-off suspension.

16.5 Direct red card

A direct red card creates an immediate provisional suspension from all Seven League matches until the disciplinary decision is issued.

The following are starting points, not automatic limits:

Offence	Normal starting suspension
Denying an obvious goal-scoring opportunity	1 match
Offensive, insulting or abusive language or gesture	2 matches
Serious foul play	2 matches
Violent conduct	3 matches
Biting or spitting	4 matches
Threatening or intimidating a match official	5 matches

Offence	Normal starting suspension
Deliberate physical contact with or assault of a match official	8 matches to permanent exclusion
Discriminatory conduct	5 matches to permanent exclusion

Aggravating or mitigating circumstances may move the sanction above or below the starting point, subject to any stated minimum.

16.6 Aggravating factors

Aggravating factors include:

- injury or high risk of injury;
- use of an object or weapon;
- premeditation;
- retaliation after play has stopped;
- group involvement;
- targeting an official or vulnerable person;
- discriminatory motive;
- refusal to leave;
- continuation in the changing area, car park or online;
- false evidence or concealment; and
- prior disciplinary history.

16.7 Mitigating factors

Mitigating factors may include a prompt genuine apology, immediate de-escalation, credible cooperation, acceptance of responsibility, no prior record and clear evidence that the reported identity or factual basis was mistaken.

Provocation does not excuse violence, discrimination or official abuse.

16.8 Serving a suspension

A suspended player may not play, be listed as a substitute or act as a team official during the suspension.

A suspension is served only through an official match that is actually played by the player's registered team. An unplayed forfeit, cancelled friendly or match later annulled because of team misconduct does not normally count.

Direct-red and serious-conduct suspensions apply across Seven League competitions until served. Yellow-card accumulation is competition-specific unless the disciplinary decision states otherwise.

16.9 Carry-over

Yellow-card totals reset at the end of the competition. Any unserved suspension carries into the next Seven League competition or season in which the person registers.

Seven League may recognise or share a serious safety-related suspension with another organiser where lawful, proportionate and covered by the applicable privacy notice.

16.10 Provisional measures

Seven League may provisionally suspend a person or impose temporary spectator or team restrictions while investigating a serious allegation where necessary to protect safety, evidence or competition integrity.

A provisional measure is precautionary and does not predetermine the final decision. Time served will normally be credited to the final suspension.

16.11 Standard of proof and evidence

Disciplinary facts are determined on the balance of probabilities. Evidence may include referee and organiser reports, witness statements, registrations, messages, photographs, authorised recordings, medical information voluntarily provided and the parties' responses.

The referee's report is given substantial weight but may be corrected by clear and credible contrary evidence, especially in a case of mistaken identity.

16.12 Available sanctions

Sanctions may include:

- warning or reprimand;
- yellow or red card consequences;
- match suspension;
- venue or spectator ban;
- removal from an award;
- match forfeit;
- replay or result adjustment;
- points deduction;
- fine up to CHF 500 per incident;
- payment of proven damage or unavoidable third-party costs where permitted;
- exclusion from a competition;
- refusal of future registration; and
- permanent exclusion for exceptionally serious conduct.

Sanctions may be combined.

17. Conduct, equality and competition integrity

17.1 Standard of conduct

Participants must act with respect, self-control and sporting honesty. Competitive intensity does not justify abuse, intimidation, retaliation or dangerous play.

17.2 Discrimination and harassment

Discrimination, harassment or degrading conduct based on race, colour, ethnic or national origin, language, religion, sex, gender, gender identity, sexual orientation, disability, age or another protected or personal characteristic is prohibited.

Serious incidents may lead to immediate abandonment, provisional suspension, team sanctions and referral to the venue, employer or competent authorities where appropriate.

17.3 Fighting and mass confrontation

Players and officials must move away from confrontation and follow the referee's directions.

Entering a confrontation, escalating a group incident, striking or attempting to strike, or leaving the technical area to participate may result in individual and team sanctions. A team cannot avoid responsibility because the first act was committed by an opponent.

17.4 Retaliation

Retaliation is punished independently of the original incident and will often be treated more seriously because the participant had an opportunity to disengage.

17.5 Property and venue rules

Participants must respect fields, goals, nets, changing rooms, equipment, neighbours, staff and venue access rules.

Intentional or reckless damage, littering, unauthorised alcohol, smoking in prohibited areas or abusive conduct towards venue staff may result in removal, costs and disciplinary sanctions.

17.6 Alcohol, drugs and impairment

A participant must not take part while impaired by alcohol, illegal drugs or misuse of medication.

The referee or organiser may prevent participation where there is a reasonable safety concern. Possession, supply or use of illegal substances may be reported to the appropriate authority.

17.7 Betting and match manipulation

Participants must not bet on a Seven League match in which they are involved, seek or accept a benefit to influence an event, deliberately manipulate a result or statistic, or misuse confidential competition information for betting.

Suspected manipulation may result in immediate provisional measures, annulment, points deduction, exclusion and referral to competent authorities.

17.8 False identity and falsified documents

Using another person's identity, altering a document, creating a duplicate registration or knowingly assisting an ineligible player is a serious integrity offence.

In addition to a forfeit and points deduction, a person involved may be suspended for at least five matches and permanently excluded in an aggravated or repeated case.

17.9 Public and digital conduct

Threats, discriminatory abuse, targeted harassment, publication of private information or organised intimidation connected with Seven League may be disciplined even when posted outside an official channel.

Reasonable criticism and good-faith discussion are not prohibited. The rule targets misconduct that materially affects safety, dignity or competition integrity.

18. Postponement and rescheduling

18.1 General rule

Teams must play at the date and time scheduled. A preference, player shortage, holiday, work conflict or competing event does not automatically entitle a team to postponement.

18.2 Team request

A team requesting a change must normally apply at least seven calendar days before kick-off and provide:

- the reason;
- reasonable supporting information;
- proposed alternatives; and
- the opponent's position, if known.

Opponent agreement helps but does not bind Seven League. A change is approved only when confirmed in writing and when a suitable field, referee and calendar solution are available.

18.3 Short-notice emergency

An unforeseeable serious emergency must be reported immediately. Seven League may request reasonable evidence while respecting privacy.

The unavailability of ordinary squad members is not normally an emergency because teams may maintain an unlimited season roster.

18.4 Costs and conditions

The requesting team may be responsible for non-recoverable field, referee or administration costs caused by an approved change, as stated in the participation terms or decision.

Seven League may make approval conditional on accepting a specific replacement date. Refusal of that date may result in a forfeit.

18.5 Organiser postponement

Seven League may postpone a match because of field closure, weather, official order, transport disruption, referee availability, safety, force majeure or another material operational reason.

Teams will be notified as soon as reasonably possible. Travel already begun does not by itself require the match to proceed.

18.6 Rearranged fixture

A rearranged fixture has the same status as the original. A team that fails to attend the rearranged match is subject to the ordinary no-show rules.

19. Temporary suspension, abandonment and forfeits

19.1 On-site authority

After teams arrive, the referee has primary authority to temporarily suspend or abandon a match because of weather, field condition, lighting failure, injury, misconduct, outside interference or another safety issue.

Seven League or venue management may also require stoppage or abandonment.

19.2 Temporary suspension

Where safe and practical, the referee may suspend play to allow a short-term issue to be resolved.

Players must follow instructions, remain in the designated safe area and not restart informally. The referee considers the remaining field slot and will not continue if conditions remain unsafe.

19.3 Lightning and severe weather

At thunder or visible lightning close enough to create a reasonable risk, play must be suspended and participants moved to an appropriate shelter.

Play should not resume until at least 30 minutes after the last thunder or visible lightning, unless a competent venue safety system imposes a longer period. If the field slot cannot accommodate a safe return, the match is abandoned.

Heavy rain, snow, ice, extreme heat, smoke, poor air quality or high wind may also require postponement, breaks, suspension or abandonment.

19.4 Serious injury or emergency

The referee may suspend or abandon a match to permit emergency treatment, ambulance access or an appropriate response to a traumatic incident.

Sporting convenience never takes priority over emergency care.

19.5 Misconduct and loss of control

The referee may abandon a match if violence, threats, discriminatory conduct, invasion, refusal to follow instructions or another incident makes safe control impossible.

The referee is not required to wait for physical injury before acting.

19.6 Team below five players

If a team cannot continue with at least five players, the match is abandoned.

Where the team is responsible because of dismissals, deliberate departures, refusal to continue or failure to provide eligible players, it normally forfeits. An unavoidable injury situation is assessed under the no-fault abandonment rules.

19.7 Team refusal to continue

A team that leaves the field or refuses to restart without the referee's or organiser's permission normally forfeits and may face an additional points deduction and fine.

A captain who has a genuine safety concern must communicate it to the referee and allow the referee and organiser a reasonable opportunity to respond.

19.8 No-fault abandonment

If neither team is responsible:

- when 40 minutes or more have been played, the score at abandonment will normally stand;
- when fewer than 40 minutes have been played, Seven League will normally order the remaining time to be completed from the same score and disciplinary state; and
- if completion is impracticable or would be manifestly unfair, Seven League may order a full replay or allow the existing score to stand.

Seven League considers the cause, score, time remaining, red cards, calendar, field availability and effect on other teams.

19.9 Fault-based abandonment

Where one team is responsible, that team normally loses 0-3 or by the score at abandonment if less favourable.

Where both teams materially contribute, Seven League may impose a double forfeit, retain the score, award no points, deduct points from both teams or order a replay with conditions.

19.10 Repeated forfeits

A second forfeit in a season may result in a points deduction and formal review. A third forfeit will normally result in exclusion unless exceptional circumstances clearly justify another outcome.

19.11 Friendly completion

If an official match has been terminated or forfeited, teams may not continue on the allocated field unless the referee, venue and Seven League permit a friendly. Any continued activity remains subject to safety and conduct rules and does not change the official result.

20. Protests, reports and appeals

20.1 Matters that may be protested

A protest may concern:

- player eligibility or identity;
- a material administrative breach;
- incorrect application of a Seven League competition rule;
- a clerical error in the official result;
- improper fielding of a suspended person; or
- misconduct not adequately captured in the initial report.

20.2 Matters that may not be protested

A protest cannot be used merely to challenge a referee's factual judgement, including an ordinary foul, handball judgement, card judgement, amount of added time, whether the ball crossed a line or another decision connected with play.

An alleged technical misapplication of a rule may be reviewed, but a replay is ordered only where the error was material and likely affected the outcome.

20.3 Notice and deadline

An eligibility protest should be raised with the referee or organiser before kick-off where the issue is known.

A written protest must then be submitted by the team representative within:

- 24 hours after the match for eligibility, false identity or fielding a suspended player; or
- 48 hours after the match for another permitted protest.

Serious violence, discrimination, safeguarding or integrity concerns should be reported immediately and may be investigated even after the ordinary deadline.

20.4 Required content

The protest must identify the match, rule, relevant facts, requested remedy and supporting evidence. Speculation or a general complaint without a specific basis may be dismissed.

20.5 Initial decision

Seven League may seek the referee's report, invite responses, verify registrations and obtain other proportionate evidence.

The Competition Manager or appointed disciplinary decision-maker issues a reasoned decision. A person with a material conflict of interest must not be the sole decision-maker.

20.6 Appeal

Unless a decision states that no sporting appeal is available, an affected team or person may appeal within 48 hours of receiving the decision.

The appeal must identify a material factual error, procedural unfairness, misapplication of a rule or clearly disproportionate sanction. It is not a complete rehearing merely because the appellant disagrees.

Seven League may require a CHF 50 appeal deposit. It is returned if the appeal succeeds or materially reduces the decision; otherwise it may be retained as an administration contribution.

20.7 Appeal decision

An appeal is reviewed by at least one person who was not the sole original decision-maker. The reviewer may confirm, reduce, increase, replace or return the decision for reconsideration.

The appeal decision is final within the Seven League sporting process.

20.8 No automatic stay

An appeal does not automatically suspend a match ban, provisional measure, forfeit or other decision.

The appellant may request a stay, which is granted only where there is a strong arguable case and the stay does not create an unacceptable safety or integrity risk.

20.9 Costs and bad-faith cases

Each party normally bears its own costs. A deliberately false, abusive, repetitive or manipulative protest may itself be sanctioned.

21. Health, welfare, safeguarding and insurance

21.1 Personal fitness

Each participant is responsible for deciding whether they are medically fit to play and for following professional medical advice.

Participation while injured, ill or impaired is not required by Seven League. A referee may prevent participation where there is an obvious immediate risk.

21.2 Accident and health insurance

Unless Seven League expressly confirms otherwise in writing, participation does not include personal accident, health, loss-of-income or personal-property insurance.

Each participant and team is responsible for checking appropriate insurance coverage, including coverage applicable to sport in Switzerland.

21.3 Concussion and head injury

A suspected concussion must be treated seriously. Warning signs may include loss of consciousness, confusion, memory difficulty, balance problems, unusual behaviour, headache, nausea or visual disturbance.

A player with a suspected concussion must leave play and must not return on the same day. The player should receive appropriate medical assessment and follow a graduated return-to-play process.

The desire of the player or team to continue does not override this safety rule.

21.4 Other injuries

Players must not move a seriously injured person unless necessary to protect the person from immediate danger.

The referee controls access to the field for treatment. Teams should have basic first-aid supplies and know the venue's emergency arrangements.

21.5 Emergency services

In a medical emergency, participants should call the Swiss emergency number 144 and follow the venue emergency plan.

Teams must provide reasonable access and cooperation to emergency responders. The match remains secondary to the emergency response.

21.6 Communicable illness

A person with a condition that creates a material transmission risk should not participate and should follow current public-health and medical guidance.

Seven League may implement temporary health measures where required by law, venue policy or a credible safety assessment.

21.7 Safeguarding of minors

Where an approved 16- or 17-year-old participates, team officials must maintain appropriate adult conduct, avoid one-to-one isolated situations and promptly report a safeguarding concern.

Any allegation involving abuse, exploitation or grooming may lead to immediate protective measures and referral to competent authorities.

21.8 Liability

Football involves inherent risks. Participants must follow the rules, referee instructions and venue requirements and must act reasonably for their own and others' safety.

Questions of legal liability are governed by applicable law and the participation terms. Nothing in this document excludes liability where exclusion is not permitted by mandatory law.

22. Data, statistics, media and commercial matters

22.1 Personal data

Seven League may process registration, contact, eligibility, match, disciplinary and statistical data necessary to administer the competition, subject to the applicable privacy notice and law.

Teams must not submit another person's data without an appropriate basis and must not misuse player lists or contact information.

22.2 Public statistics

Player names, team affiliation, appearances, goals, cards, standings and awards may be published as part of the competition service where covered by the registration process and privacy notice.

A participant should promptly report a material factual error. Statistical correction does not create a right to change a sporting decision.

22.3 Photography and recording

Matches or events may be photographed or recorded, but recording is not guaranteed.

Any notice, consent or opt-out process will be governed by the registration materials and privacy notice. Teams must inform Seven League in advance of a specific safety, safeguarding or privacy concern.

22.4 Use of footage

Where footage exists, Seven League may use it for promotion, highlights, training, safety review and the limited disciplinary purposes in Section 15.5, subject to applicable rights and notices.

Participants may not use footage or images to harass, shame, threaten or unlawfully identify another person.

22.5 Team and sponsor marks

A team grants Seven League a limited right to display the team name, badge and approved sponsor marks for fixtures, tables, results and ordinary competition promotion.

The team remains responsible for third-party permissions. A broader commercial use requires the applicable consent or agreement.

22.6 Seven League intellectual property

The Seven League name, competition identity, logos, graphics, documents, website material and platform elements may not be copied, altered or commercially reused without permission, except for reasonable team promotion of participation.

23. Interpretation, amendments and entry into force

23.1 Interpretation

Headings assist navigation but do not limit the rules. "Including" means including without limitation. The singular includes the plural where the context requires.

The definitions in Annex D apply throughout.

23.2 Situations not covered

Seven League will decide a situation not expressly covered by applying the purpose of these Rules, analogous provisions, the IFAB Laws and principles of safety, integrity, consistency and proportionality.

23.3 Anti-circumvention

Conduct designed to achieve indirectly what the rules prohibit directly may be treated as a breach.

23.4 Amendments

Seven League may amend these Rules:

- between seasons after reasonable review;
- during a season where required by safety, law, venue conditions, a governing rule change or a serious operational need; or
- to correct an obvious error or ambiguity.

Material in-season changes will be communicated to team representatives and will not normally operate retroactively, except where necessary for safety or to clarify an existing obligation.

23.5 Severability

If a provision is invalid or cannot be applied, the remaining provisions continue. The affected provision will be interpreted or replaced as closely as legally and practically possible to its intended sporting purpose.

23.6 Effective date

Version 1.2 was published on 10 October 2026 with updated late-arrival and no-show rules.
The remaining rules are effective from 1 September 2026; changes apply prospectively after notice.

23.7 Contact

Questions, reports and formal notices must be sent through the contact method published on sevenleague.ch or the official competition platform.

Annex A. Match quick reference

Topic	Seven League rule
Players	7 per team, including goalkeeper
Minimum	5 players to start or continue
Matchday list	Maximum 14 players plus 2 team officials
Substitutions	Unlimited return substitutions during stoppages with referee permission
Duration	2 x 25 minutes
Half-time	5 minutes
Offside	Not applied
Restart distance	5 m unless stated otherwise
Throw-in distance	Opponents at least 2 m away
Penalty mark	Marked spot or 8 m
Sliding challenges	No sliding challenge when an opponent is within playing distance
Goalkeeper possession	Maximum 8 seconds; infringement results in a corner
Points	Win 3, draw 1, loss 0
Standard forfeit	0-3
Late grace period	Maximum 5 minutes, subject to field schedule
Communication	Only the captain should approach the referee when invited

A.1 Knockout match

If level at full time, the standard procedure is three penalties per team and then sudden death. There is no extra time unless the Competition Notice states otherwise.

A.2 Red card

A sent-off player cannot be replaced. The team plays short for the remainder of the match. A direct red creates an immediate provisional suspension pending review.

A.3 Emergency

Stop play, protect the injured person, follow the venue plan and call 144 when emergency medical assistance is required.

Annex B. Sanction guidelines

The table gives normal starting outcomes. Seven League may adjust a sanction for seriousness, impact, history, cooperation, age, intent and other relevant circumstances.

Breach	Normal sporting outcome	Possible additional action
First no-show	0-3 forfeit	CHF 100 charge; warning or documented costs
Second no-show	0-3 forfeit	CHF 200 charge; points deduction / review
Third no-show	0-3 forfeit	Normal exclusion from competition
Ineligible player	0-3 or less favourable actual result	Points deduction, fine, player suspension
False identity	Forfeit	Minimum 5-match suspension; possible exclusion
Team refusal to continue	Forfeit	Points deduction, fine, future-entry restriction
Two yellow cards	Player sent off	Automatic 1-match suspension

Breach	Normal sporting outcome	Possible additional action
DOGSO direct red	Player sent off	Starting point 1 match
Serious foul play	Player sent off	Starting point 2 matches
Violent conduct	Player sent off	Starting point 3 matches
Biting or spitting	Player sent off	Starting point 4 matches
Official intimidation	Player or official sent off	Starting point 5 matches
Physical assault of official	Immediate removal	8 matches to permanent exclusion
Discriminatory conduct	Immediate removal; match may be abandoned	5 matches to permanent exclusion; team sanction
Mass confrontation	Cards and possible abandonment	Individual bans, points deduction, fine or exclusion
Spectator misconduct	Removal; match may be suspended	Closed-spectator condition, fine, points deduction
Property damage	Removal where necessary	Repair/replacement cost, fine, suspension
Match manipulation	Result annulment or forfeit	Points deduction, exclusion, permanent ban

B.1 Team-level escalation

Repeated breaches, failure to control participants, non-compliance with a decision or an incident involving several team members may justify a team sanction even if individual offenders are also sanctioned.

B.2 Maximum disciplinary fine

A disciplinary fine under these Rules will not exceed CHF 500 per incident. Proven property damage, contractual payment obligations and unavoidable third-party costs are separate from that ceiling where applicable.

Annex C. Administrative deadlines

Action	Standard deadline
Player registration	12:00 local time on matchday
Team arrival	20 minutes before kick-off
Final matchday list	10 minutes before kick-off
Late grace period	Maximum 5 minutes after scheduled kick-off
Ordinary rescheduling request	At least 7 calendar days before kick-off
Eligibility protest	Within 24 hours after match
Other permitted protest	Within 48 hours after match
Statistical correction request	Within 48 hours after match
Appeal	Within 48 hours after receipt of decision
Serious safety or integrity report	Immediately

C.1 Calculation of time

Deadlines use Europe/Zurich local time. If Seven League sends a decision after 20:00, the appeal period begins at 08:00 the next day.

Seven League may extend a deadline for a genuine technical failure, medical emergency or another exceptional circumstance, provided the party acted promptly.

Annex D. Definitions

Term	Meaning
Competition Notice	A written season, division, cup or event-specific document issued by Seven League
Competition Manager	The person appointed by Seven League to administer the relevant competition
Direct red card	A red card shown without the player first receiving a second yellow card for that dismissal
DOGSO	Denying a goal or an obvious goal-scoring opportunity
Field area	The field, technical areas, changing areas and immediate venue surroundings controlled for the match
Forfeit	A sporting loss imposed because a team did not fulfil or lawfully complete the fixture
IFAB Laws	The Laws of the Game published by the International Football Association Board
Match official	The appointed referee and any other official appointed to assist with the match
Participant	A player, substitute, team official, team representative or other registered competition participant
Provisional suspension	A temporary restriction imposed before the final disciplinary decision
Seven League	The organisation operating the competition and its authorised decision-makers
Team representative	The primary or deputy contact registered as responsible for the team
Technical area	The designated area for substitutes and team officials

Sources and regulatory references

This document adapts, rather than reproduces, the IFAB Laws of the Game for a private grassroots Football 7 competition.

- IFAB, Laws of the Game 2026/27: https://www.theifab.com/
- IFAB, Law changes 2026/27: https://www.theifab.com/law-changes/latest/
- Seven League, Rules & Regulations: https://sevenleague.ch/Rules/
- Seven League website: https://sevenleague.ch/

The online sources were checked on 29 July 2026. Seven League-specific rules prevail for this competition where expressly modified.