



## U7 Rules of the Game

### **Ball:**

Size 4. Home team provides game balls.

### **Equipment:**

Shin guards are MANDATORY. Socks must be worn completely over the shin guards. Jerseys should be tucked in. Tennis shoes or soccer cleats may be worn. No baseball or football cleats, they have a toe cleat in the front that soccer cleats do not have. No jewelry or metal hair clips are permitted.

### **Field:**

The field size is approximately 40 x 25 yards with small goals. Two fields are used for each game. The goals are centered on the goal lines or end lines. The sidelines are often referred to as the touch lines.

### **Referees:**

One referee will be assigned to each field. The referees will check each player's equipment prior to the game. The referees are the sole authority on the field and all their decisions are final.

### **Coaches:**

One coach may be on each of the two fields during the fall season only. In the spring they will coach from the sidelines. Their responsibility is to help position players and provide guidance. The coach should remain away from the front of the goal at all times and try to remain out the way of play.

### **Sidelines:**

All players, water bottles, spectators shall remain at least 6 feet from the sidelines at all times during the game. No spectators will be permitted along the goal lines or behind the goal.

### **Length of Game:**

The game shall consist of four 10-minute quarters. There will be a 2-minute break between halves and a 5-minute break at half time.

### **Number of Players:**

There are 4 players from each team on each field.

### **Substitution:**

The coach must request permission from the referee prior to making a substitution. A team can substitute only – 1. At the beginning of a quarter or half. 2. After either team scores. 3. Before either team's goal kick. 4. Your own throw in. 5. For an injured player.

***You cannot sub on a corner kick!***

### **Goalies:**

No goalies are permitted. If a player touches the ball with their hand it is a hand ball and an indirect free kick for the other team.

### **Kick-Off:**

Occurs to start off each quarter and after half time. Kick is taken from the center of the field and the ball must move forward. The kicker may not kick the ball again until it has touched another player. A goal may be scored on a kick-off. Defenders must remain 3 yards back until the ball is played. Players must be on their own side of the field during kick-offs. The team losing the coin toss takes the kick-off at the start of the game and each team alternates at the start of each subsequent quarter.

### **Goal Kick:**

A goal kick is awarded when the ball crosses the goal line and was touched last by the opposing team. The kick is taken from the edge of the penalty box. A player from the same team must then touch the ball before the opposing side touches the ball. The kicker may not play the ball again until it has touched another player first. Defenders must be at midfield or on their side of the field until a second offensive player has touched the ball or it is a live ball if it crosses the midfield line. A goal may be scored from a goal kick.

### **Corner Kick:**

A corner kick is awarded when the ball has crossed the goal line and was last touched by a defensive player. A kick is taken from the corner on the side nearest to where the ball went out. The kicker may not touch the ball again until it has touched another player.

### **Direct Free Kick:**

No direct free kicks are given in this age group.

### **Indirect Free Kick:**

Awarded at the spot of the foul for the following violations – 1. Deliberate handball. 2. Dangerous play. 3. Holding. 4. Jumping at an opponent. 5. Pushing or tripping. The kicker may not touch the ball again until it has touched another player. Defenders must stand 3 yards away. A goal may not be scored from an indirect kick until it has touched another person first.

### **Offside:**

No offsides are called at this age.

**Throw-ins:**

Throw-ins are awarded at the point that the whole ball crosses the sideline. The throw-in motion starts from behind the head and proceeds straight over the top of the head with both hands on the side of the ball. Both feet must be in contact with the ground during this motion. One additional throw-in attempt will be given if the first was deemed incorrect. A goal may not be scored from a throw-in.

**Out of Bounds:**

The ball is out of play when it completely crosses the goal line or sideline – whether it is on the ground or air. The team gaining possession is responsible for getting the ball.

**Penalty Kick:**

Penalty kicks are not called at this age.

**Slide Tackling:**

No slide tackling is allowed at this age group. It will be an indirect free kick for the opposing team if it is done.

**Playing Time:**

Each player must play at least 50% of the total playing time.

**Sportsmanship:**

Coaches are responsible for the conduct of their assistant coaches, players and spectators at all times. No coach, player or spectator shall yell at the referee, opposing coach, players or fans. No coaches or fans shall run up and down the sidelines during the game. The coach shall have all players ready to be checked in by the referees before the scheduled game time. After the game is complete, players and coaches will line up and shake hands with the opposing team and referees along the centerline.

**The final score is never recorded and no league standings are kept. The emphasis is on learning the game and having FUN, not winning and losing.**