

U7 Soccer Rules

Match Play

Length of game: 4- (8) minute quarters with a 1 minute water break in between each quarter

Players- All players must wear shin guards when playing

Ball: All matches shall be played with a size three (3) soccer ball of official size and weight.

Number of Players: Games will be played with 7 on the field for each team with (6 in the field and 1 goalie) to prevent from having a bunch of kids chasing the ball, please place 3 on offense and 3 on defense.

Referees:

Matches will be officiated by coaches from each team. A match timekeeper may keep time from the sidelines or a coach may do so on the field.

Offsides: Offsides will not be called.

Slidetackles/Playing on the Ground: Slidetackles are NOT allowed under any circumstances and will result in an indirect kick for the opposite team. Repeated slidetackling is grounds for a player being sent off the field. Players may NOT play a ball while on the ground – this creates a dangerous situation and will result in possession being awarded to the opposing team with an indirect free kick. This includes sliding saves and players falling on top of the ball.

Start of Play: Field sides shall be chosen by mutual agreement of the coaches. The team which wins the coin toss shall decide to either kick-off or choose which side of the field to defend. If kick-off is chosen, the team losing the coin toss shall decide which side of the field to defend. Match play begins from the midfield mark and opposing players must remain outside the center field circle until the ball is kicked.

Stoppage of Play:

- If the ball is kicked out of bounds on the side of the field, possession is lost and play resumes with a normal throw in. If a player commits a foul during a throw in, correct them and let them try gain
- If the ball crosses the end of field boundary and was last touched by the attacking team, possession is lost and play resumes with a modified goal kick by the defending team. The ball shall be placed anywhere on the end of field boundary on the side of the goal the ball went out on. The defending team then kicks the ball back into play.
- If the ball crosses the end of field boundary and was last touched by the defending team, possession is lost and play resumed with a normal corner kick.

- Defensive players cannot touch the ball in the box in a way that prevents the scoring of a goal. Teams doing so will lose possession and play is restarted with a corner kick. Coaches should NOT 'teach the box' to players. Simply call the rule as necessary and understand the box exists to prevent teams from using 'pseudo' keepers.
- If the ball comes to a stop within the goal box, a goal kick is awarded to the defensive team.
- Opposing players must remain 3 or more yards away from goal or corner kicks until the ball is kicked into play. If a player encroaches this area before the kick, the kick will be taken over. Opposing players are encouraged stay behind the midfield line until goal kicks are taken.
- All goal and corner kicks are INDIRECT.
- A ball is considered out of bounds when the ENTIRE ball has crossed the boundary plane.
- Players who fall on the ball are creating a dangerous situation of play. If a player falls on the ball during play, play is stopped and the OPPOSING team is given an indirect kick.

Scoring

- A goal is scored when the ENTIRE ball crosses the goal line.
- Goals cannot be scored from behind the mid field line. Restart play with a goal kick.
- Scores and standings are not kept.

Substitution: Substitutions may be made by either team during any stoppage of play. All players must play at least half of the game

Overtime: No overtime play is allowed as score is not kept.