

7U General Rules of Play

Rule 1

7 v 7 play on the field. One of the seven players must be the goalkeeper.

Rule 2

Game ball for this age group is Size 4. The game ball shall be provided by the HOME team. Both teams shall deliver a game report to the commissioner after the end of the match.

Rule 3

Games will consist of two 15 minute halves with a 6 minute half time. Any request for shorter quarters must be agreed by both coaches and approved by referee. The necessity of a water break due to heat will be at the discretion of the coaches and referees and decided and agreed upon BEFORE kickoff and the water break will be called by the referee at a dead ball stoppage as close to half way as possible.

Rule 4

We will allow one 30 second time out per half per team if needed. The time out will not be awarded when there is a clear advantage for either team.

Rule 5

Initial kick-off will be conducted by the VISITOR team and HOME team will choose sides. Kick-offs and sides thereafter will alternate every half. No coin toss.

Rule 6

Throw-ins are introduced at this age group. Players are allowed to drag a foot. Players are given a second chance at a throw-in if a mistake is made on the first attempt. On a second failed attempt the opposing team is awarded the throw in.

Rule 7

Goalkeepers may handle the ball within the goal-box only. Fouling the goalkeeper within the goal box will result with a warning and fouled team will be awarded a free kick.

Rule 8

No slide tackles are allowed in this age group. This is considered a foul and opposing team will be awarded a direct free kick.

Rule 9

All fouls are restarted with free kick. If a foul or a handball occurs inside the goal or penalty box, opposing team will be awarded a penalty kick from the penalty mark.

Rule 10

Headers are not allowed in this age group. If a player heads the ball, an indirect free kick will be awarded to the opposing team if unintentional. A direct free kick will be awarded if in the foul is in the penalty box and intentional.

Rule 11

Substitutions are made only with permission of the referee, at kick-offs, between halves, at goal kicks, or your teams throw-ins.

Rule 12

Goal Keepers must wear a jersey that differs in color from either team.

Rule 13

All players must wear team matching uniforms. Shin guards must be worn with socks completely covering shin guards.

Rule 14

In case of inclement weather, long pants or long sleeves may be worn under the uniform shirts. Knit hats and gloves may be worn. Players may not wear any type of jewelry.

Rule 15

Spectators must be at least 3 yards away from the pitch. Coaches will be ejected with a parent that violates code of civil conduct.