

GPLS 7v7 Soccer Rules and Regulations

All NFHS rules and regulations for High School Soccer will be followed except otherwise stated below.

- Number of Players on The Field: 6 field players and 1 goalkeeper
- Goal Size: Standard goal size will be used 8ft x 24 ft
- Field Size: Approximately 55 yds wide x 80 yds long (See field dimensions below)
- Game Duration: Two 40-minute halves, with a 10 minute half time

HANDLING THE BALL BY GOALKEEPER

- No punting.
- After a save the goalkeeper may throw or roll the ball back into play, but may not dropkick, or punt the ball. Goalies may place the ball on the ground to kick it back into play.
- Goalie throws may cross the midfield line in the air, the ball may also be placed on the ground and kicked to begin play again after being legally caught.
- After a glove save, the goalkeeper may place the ball on the floor and use their feet like a field player. Goalkeepers are not allowed to pick the ball up after they have deliberately played the ball to the floor. Any violation of this rule will be treated as a hand ball.

