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SARA 7v7 Rules of play

1. All ages above U9/10 play 7v7 or 9v9 (if both coaches agree)
2. 25 min halves with a 5 min half time
3. Single center ref
4. All FIFA rules apply except for the following

U9/10

No Headers-indirect free kick if ball headed

No punting by goalie, roll out suggested

Offense will drop back to halfway mark when defense goalie has possession to allow time for distribution of ball. Offense will not move till the ball is touched by defense player.

U11/12 and above

All FIFA rules apply

Referee

This is recreational soccer, there is no end game, no winner at the end: scores are not kept, but a blow will be brought to our attention.

There is a mercy rule of 8, coaches need to get creative if their team is the dominant team. Coaches need to add players to field if they are the team that is down to add a more fair environment for both sides.

Referee can be both new and experienced, But there is only one of them to try to catch everything you see. Remember, the ref is in control of the game, leave the referee alone. There is no winner or loser, just safety and they want to call it fair as they see it, no reason not to. That referee (especially if a child) does not need to be heckled by an adult spectator or coach!!!!

Keep it simple and have fun, that is what the kids want that is what we should too.