

RULES FOR 7U (4 v 4)

Law 1 The field:

- a. Field Length – 30 yards to 40 yards
- b. Field Width - 20 yards to 30 yards
- c. Goal Size: 6-ft high by 12-ft wide
- d. Halfway Line: A halfway line shall divide the field into two halves with a center mark indicated at the midpoint of the halfway line.
- e. Center Circle: Four (4)-ft radius drawn from the center mark.
- f. Flag Posts: At each corner.

Law 2 Ball Size: Size three (3)

Law 3 Number of players: Maximum number of players on field at one time is four (4) per team (so the game is Played 4 v 4)

- a. Roster Size: Maximum roster size is eight (8) players per team.
- b. Goalkeepers: None.
- c. Substitutions: Only in between quarters or at half-time or for an injury. There is NO “free” substitution during a quarter .
- d. Playing Time: Each player SHALL play a minimum of 50% of total playing time (i.e., at least two quarters each game).
- e. Coed teams: Teams and games are coed.

Law 4 Player's Equipment: Conform to IFAB/FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. Players may use tennis shoes or soft-cleated soccer shoes.

SHINGUARDS ARE MANDATORY

Law 5 The Referee: One Official (coach or manager or designated parent) from each team is used and may be present on the field during games (but shall not interfere with play of the game). Infringements shall be briefly explained to the offending player. If a center referee is used, then no team representative shall be permitted on the field during games.

Law 6 Assistant Referee: None.

Law 7 Duration of Game: Four equal quarters of 10 minutes each with 5-minute halftime break and a break of 2-minutes each between the quarters per half.

Law 8 Start/Restart of Play: Conform to IFAB/FIFA. With the exception that opponents of the team taking the kick are at least four (4) yards away from the ball until it is in play.

Law 9 Ball in & Out of Play: Conform to IFAB/FIFA (e.g., balls out of bounds on the sidelines are re-started by way of throw-ins and balls going out of bounds on the end lines are re-started by way of goal kicks or corner kicks.

Law 10 Method of Scoring: Conform to IFAB/FIFA.

Law 11 Offside: None.

Law 12 Fouls & Misconduct: All fouls shall result in an indirect free kick. The game manager/coach/parent must explain infringements to the offending player.

Law 13 Free Kicks: Conform to IFAB/FIFA with the exception that all free kicks are indirect with the opponents four (4) yards from the ball until it is in play.

Law 14 Penalty Kicks: None.

Law 15 Free Kicks: All free kicks are considered as in-direct (meaning the ball must touch another player other than the kicker before it can count as a goal) with the opponents four (4) yards from the ball until it is in play.

Law 16 Goal Kick: The goal kick should be taken within the smallest box located around the goal. If there is no box, then the goal kick should be taken 2 to 3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be four (4) yards away from the ball until it is in play.

Law 17 Corner kick: Conform to IFAB/FIFA with the exception that opponents remain at least four (4) yards from the ball Until it is in play.