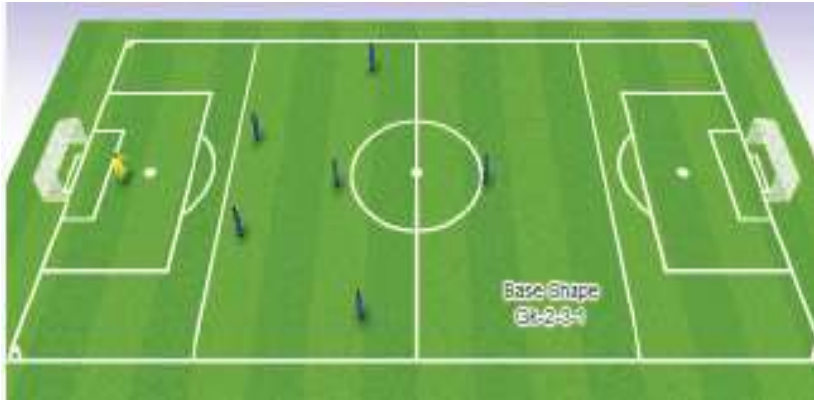




Shenandoah Valley United (SVU) Match Format & Rules – u9u10 - **7v7** updated 8/1/16

7v7 (6v6 + Goalkeepers)



- **Field Size:** 30 x 50 yds
- **Goals:** 2 central goals
- **Duration:** 2 x 25min
- **Field Players:** 6 players for each team.
- **Goalkeepers:** 1 goalkeeper for each team
- **Substitutions:** unlimited,
- **Teams:** players and coaches for both teams on 1 side of the field.

- **Parents:** all parents on opposite side of field. Players should have water bottle and any other needed items with them on the sideline by the coaches.
- **Coaches:** no coaches on the field during play. Coaching instructions can be done verbally from the sideline. Another effective coaching methodology is to take a player off the field to provide instruction, then return them as soon as possible to attempt to act on the insight provided.
- **Referees:** official referees provide by SVU. Center referee only for u9-u12 matches.
- **USYSA Official Rules (7v7):** SVU will play in accordance with Official Rules of US Youth Soccer Association. This includes the follow rule modifications from the FIFA Rules.
- **Ball Size:** size 4 soccer ball
- **Free-Kicks, Corners, Penalty Kicks, Kick-offs:** opponents must remain 8 yds from the ball until it is in play.
- **Goal Kicks:** Opponents must retreat into their own half until the ball is in play. Team taking the goal kick does not have to wait for the opposition to retreat and has the option to restart the game beforehand should they so choose. Ball is in play when it is kicked directly out of the penalty area.
- **NO Heading:** players 10 and under are not permitted to head the ball, indirect free kick results
- **NO Goalkeeper Punting:** ball must be put in play via the hand, or dropped to ground to kick

- **System of Play (Gk-2-3-1):**
(pictured top of page) this system of play provides spacing b/t players that that can help facilitate connections among players. The system also facilitates important concepts of attacking play such as depth, width, length, and central presence on the field. The system also allows for quick transition to a compact defensive shape (pictured right).

