

# Kingsport Rec Soccer – Modified Rules – U7-8



## Law 1 – The Field of Play

(Spectators and players should be on opposite sides of the field.)

## Law 2 – The Ball

Size three (3).

## Law 3 – The Number of Players

A match is played by two (2) teams, each consisting of not more than four (4) players. There are NO goalkeepers. A match may not start or continue if either team consists of fewer than three (3) players.

Substitutions are unlimited and may occur at any stoppage of play.

Each player SHALL play a minimum of 50% of the total playing time, which is controlled by the coach.

The maximum team roster size is six (6). Teams and matches may be coed.

## Law 4 – The Players Equipment

Shin guards are MANDATORY for both practices and games, and must be covered entirely by socks. If needed, teams can be distinguished by scrimmage vests.

A player must not use equipment or wear anything that is dangerous to himself or another player - including any kind of jewelry (with the exception of a medical alert bracelet).

## Law 5 – The Referee

One or both coaches should officiate / manage the game. Minimal rules should be applied with a generous amount of flexibility.

All rule infringements should be briefly explained to the offending player. No caution or send off shall be issued to players.

## Law 6 – The Other Match Officials

None

## Law 7 – The Duration of the Match

The match shall be divided into four (4) quarters of ten (10) minutes each. There shall be a two (2) minute break between first and third quarter - with a five (5) minute break at halftime. No added time at the end of either half.

## Law 8 – The Start and Restart of Play

Conform to the FIFA Laws of the Game - with the exception that the defending team is at least five (5) yards from the ball until it is in play.

## Law 9 – The Ball In and Out of Play

Conform to the FIFA Laws of the Game.

## Law 10 – The Method of Scoring

Conform to the FIFA Laws of the Game. No score or standings should be kept.

#### Law 11 – Offside

None

#### Law 12 – Fouls and Misconduct

Conform to the FIFA Laws of the Game - with the exception that all fouls shall result in an indirect free kick.

Heading is not allowed.

Slide Tackles are not allowed.

When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area [if one is being used], the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

All rule infringements should be briefly explained to the offending player. No caution or send off shall be issued to players.

#### Law 13 – Free Kicks

Conform to the FIFA Laws of the Game - with the exception that all free kicks are indirect and the opponents are to be at least five (5) yards away from the ball until it is kicked.

#### Law 14 – The Penalty Kick

None

#### Law 15 – The Throw-In

Conform to the FIFA Laws of the Game.

#### Law 16 – The Goal Kick

The goal kick shall be taken anywhere along the goal line within five (5) yards of the goal. Opposing players must drop off five (5) yards from the ball until the ball is kicked.

#### Law 17 – The Corner Kick

Conform to the FIFA Laws of the Game - with the exception that opponents remain at least five (5) yards from the ball until it is kicked.