

OCEAN COUNTY LEAGUE RULES U7

All home coaches must confirm game by Wednesday of that week. If away team does not hear from home team coach, reach out to confirm by weeks end. If you cannot make contact, reach out to your club rep. GAMES MUST BE PLAYED BEFORE OR ON THE SCHEDULED DATE. THEY WILL NO LONGER BE PLAYED AFTER THE SCHEDULED DATE UNLESS CANCELED BY WEATHER.

U7 will play 4 v 4 with no goalie.

1. Field

- A. Dimensions- Yards 25/35 x 15/25
- B. Markings- All fields will be properly lined.
- C. Goals- 4 x 6

2. Ball

- A. Size three (3) ball will be used.

3. Rules

- A. Coaches can substitute on any stoppage of play.
- B. Every player will play at least one half (1/2) of each game.
- C. Carded players [any affiliation] are not permitted to play on an OCL team at any time.

4. Equipment

- A. Shin guards must be worn by all players no exceptions!

5. Referee

- A. Referees are assigned and compensated by the Home Team. Each club should make every effort to use only certified referees. Abuse by coaches, spectators, parents, or players will not be tolerated, and should be reported to the club representative and league coordinator immediately. Referees should briefly explain calls to all players. Questions pertaining to any rule should be asked to referee prior to the start of any game.

6. Duration of Game

- A. Teams will play four 10 minute quarters
- B. Teams will change ends at half time.

7. Offside

- A. No offside will be called. No offensive players are allowed to stand in or directly in front of the opponent's goal.

8. Kicks

- A. All kicks will be classified as indirect.

- B. All opposing players must be five (5) yards away before the kick is taken.
- C. No penalty kicks will be awarded.

9. Fouls and Misconduct

- A. All fouls will result in an indirect free kick at the side of the infraction.
- B. No slide tackling is allowed!
- C. Cautions may be issued by the referee, and players repeatedly fouling may be removed from the game at the referee's discretion.

10. Throw-In

- A. Players making an improper throw-in will be allowed a second chance.

11. Corner Kick

- A. Players taking an improper corner kick will be awarded a second chance.

12. Spectators/Coaches

- A. As of September 1996 all coaches must have obtained an F-license or be scheduled for one.
- B. No coaches or spectators are allowed behind the goal area and must stay on their own side of the field near midfield.
- C. Coaches and parents from one team stand on one side of the field. Opposing team and parents stand on the other side. No exceptions.

13. Scheduling

- A. All games will be played as scheduled, if a postponement is necessary both coaches must inform their club rep by the Tuesday before. Only the Home representative can call Cancellations/Rainouts. Coaches will notify the opposing coach at least 2 hours prior to the game time. All postponed games must be made up as soon as possible.

14. Maximum Score -

Any OC Rec team that scores more than a six (6) goal differential at the conclusion of a scheduled game will be warned once and then dismissed from the league. Adding players during a lopsided game should be discussed between coaches at half and if possible, before.

Ocean Count Rec is using the same rules as MOSA in most aspects. If you need clarification you can use those as a guide. Common sense also works!

Respect your refs!