

Rules of the Game

U7 Coed Division

Updated 03/08/19

Field Dimensions: 20yds (60ft) x 30yds (90ft)

Goalkeeper "Area": 7½yds (22½ft) from goal lines stretching from sideline to sideline

Goal Size: Width – 8ft; Height – 4ft

The Ball: Size Three (3)

Player Equipment: Shin-guards are **MANDATORY** for all players. Players will not be permitted to play without shin-guards. Standard soccer shoes or tennis shoes are allowed. Cleats shall be soft molded. Hard casts are only allowed upon approval. Jewelry, watches, and other dangerous equipment must be removed during games.

Number of Players on the Field: 4v4 Micro Format. Teams should have three (3) position players plus one (1) goalkeeper on the field at all times (total of four players).

Game Duration: All games will consist of three (3) 7-minute periods per half for a total of six (6) 7-minute periods (total playing time = 42 minutes). There will be a 1-minute "sub" break between periods with a 4-minute halftime break after the third period (if needed).

Official Game Timers: An assistant coach or reliable spectator should be designated as the official game timer before the start of each game. Coaches should review the *Game Duration, Running Clock* and *Ending Games on Time* rules with the Official Game Timer to ensure periods do not run long thus allowing the game to run more smoothly.

Running Clock: The clock will run continuously at all times (except between periods). However, the clock may be stopped for an injury or any other extreme circumstance that may take more than a few seconds to resolve.

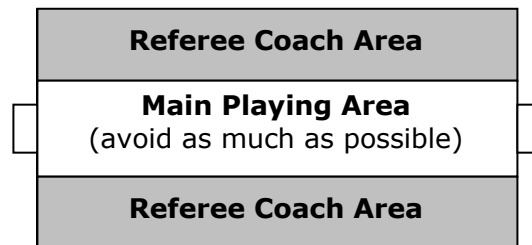
Ending Games on Time: All games will be given a one (1) hour fifteen (15) minute time slot. If necessary, it is the responsibility of the Official Game Timer to end the game when the one (1) hour fifteen (15) minute time slot has expired regardless of how many periods have been played or how many minutes may be remaining in the final period.

Overtime: There will be NO extra time added to the game.

League Standings: There will be no record of league standings.

Substitutions: In order to ensure all players receive an equal amount of playing time, players must be "rotated" properly at each period break (refer to examples on Page 5).

Referee Coaches: Two (2) on-the-field coaches will referee all games – one from each team. Referee Coaches should position themselves according to the illustration below to avoid being an obstacle for the players. A large portion of the game is played inside the “Main Playing Area”. **All other coaches from both teams must remain outside the playing area at all times.** If an infringement is called, Referee Coaches should explain to the players what happened and how to avoid making the same mistake in the future before re-starting the game. Sideline coaches are encouraged to assist in refereeing duties but must remain outside the active playing area at all times. Referee Coaches are expected to encourage, teach & assist **all players**, not just their own.



Opening Kickoff: Coaches will determine which team will have possession of the ball to begin the game. All games will begin with a center kick-off.

Re-Starts: When play stops or the ball goes out-of-bounds, the game is re-started in one of the four ways below. All re-starts involving a kick are to be considered indirect free kicks (see next rule for clarification). Coaches should allow players from both teams to get set.

1. Over the Sidelines --- with a throw-in
2. Over the Goal Line --- with a goal kick if attacking team last touched the ball (from designated area marked on field); with a corner kick if defending team last touched the ball
3. After a Goal is Scored --- with a center kick-off
4. Beginning of New Period --- with a center kick-off; teams should alternate possession (like the possession arrow in basketball)

Indirect Free Kick Rule: All infringements result in an indirect free kick (i.e. ball must be touched by another player before crossing the goal line). There are to be NO penalty kicks called during these games (players of this age are completely honest and do not commit deliberate fouls).

Scoring Goals: Goals can only be scored from inside the “offensive” area (midfield to goal line). Goals cannot be scored directly from a goal kick, throw-in, corner kick, center kick-off or indirect free kick. If a defending player uses his/her hands in front of the goal, a goal is awarded **only if** the Referee Coaches feel the defending player prevented the ball from going into the net. Otherwise, an indirect free kick is awarded. The overall game score should not be kept.

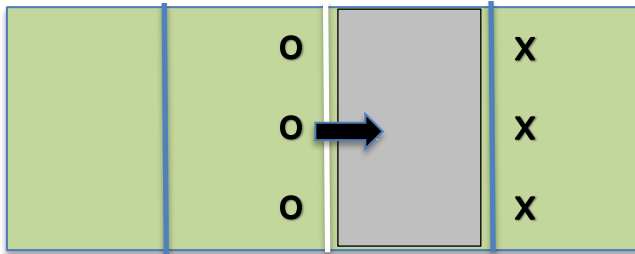
Defensive Rules:

Defending teams must:

1. be at least three (3) yards away from the ball on all re-starts
2. be actively involved in **both** attacking and defending at all times (you have a goalkeeper, no need for a second defensive player)

Goalkeepers: May use hands anywhere inside the goalkeeper area that extends from end line to **BLUE** line all the way out to the sidelines. Goalkeepers should wear a different color "pinnie" to be recognizable.

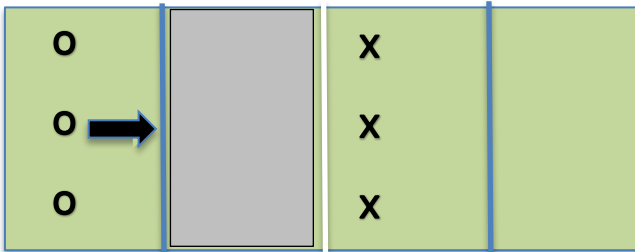
Center Kick-Off Positioning: The purpose of this rule is to give the offensive team an opportunity to move the ball forward properly without having it stolen too quickly. An offense player must first pass the ball to a teammate (backwards or forwards). Defenders must stay on or behind the **BLUE** line until the offensive team advances the ball forward towards the **BLUE** line.



Shaded Area:
Off-Limits for Defensive
Players (X)

Goal Kick Positioning: Defenders must stay behind the **MIDFIELD** line until one of the following occurs:

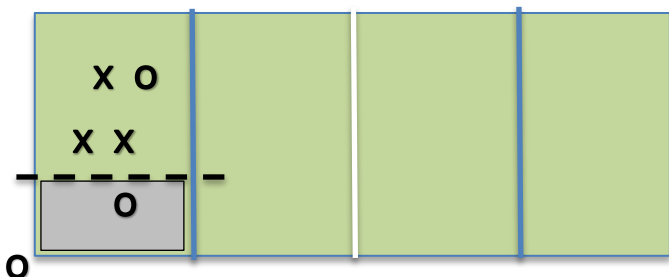
1. An offensive player – other than the person executing the goal kick – touches the ball
2. the ball crosses the **MIDFIELD**



Shaded Area:
Off-Limits for Defensive
Players (X)

Corner Kick Positioning: The purpose of this rule is to give the offense an opportunity to execute a corner kick without the ball getting stolen too quickly. Defenders must stay behind the **IMAGINARY GOAL POST LINE** (line extending from the goal post closest to the corner of the kick) until one of the following occurs.

1. An offensive player – other than the person executing the corner kick – touches the ball
2. the ball crosses the **IMAGINARY GOAL POST** line



Shaded Area:
Off-Limits for Defensive
Players (X)

Switching Goals: Coaches will decide whether or not the teams will switch goals (direction) after halftime.

Keeping the Ball in Play: Due to the small field size and end-to-end nature of this type of game, the ball may go out of play frequently. If this becomes a problem early in the season, coaches have the freedom to encourage spectators to participate as "ball walls" by occasionally blocking the ball from going out-of-bounds or lightly kicking it back into play. This will help the flow and the enjoyment of the game.

Offside: There will be NO offside penalty (this rule is too advanced for this age group – players will not know how to take advantage of being offside).

Penalty Kicks: There will be NO penalty kicks.

Yellow/Red Cards: Cards will not be utilized during any situations, but Referee Coaches can verbally send-off any player that commits a "dangerous" foul.

Creating Good Matchups – Substitution Tips

1. Be prepared with a potential lineup before coming to the field and then be ready to make changes once you get to the field (bring a blank sheet along with the examples below). You will most likely make some kind of change after connecting with the opposing coaches and seeing their lineup.
2. When both teams have the same amount of players, place players with similar abilities in the **same place** on the rotation chart (put top players in A position the for one game but then put them in the G or H position the next game).
3. When teams do not have the same amount of players, place players with similar abilities in **different places** on the rotation chart that allow them to be on the field at the same time the most.
4. Players can be placed in different positions from week to week BUT try to make sure all players are getting the opportunity to play "extra" periods. At times some players will play one more period than others during a single game (shouldn't be your best player every game).
5. This system is not perfect so keep that in mind when working with the opposing coaches to setup the best on the field matchups as often as possible.

8 PLAYERS

Player	1	2	3	4	5	6
A	1		1	H		1
B	2		2	A		2
C	3		3	L		3
D	4		4	F		4
E		1			1	1
F		2			2	2
G		3			3	3
H		4			4	4

7 PLAYERS

Player	1	2	3	4	5	6
A	1	4		H	3	2
B	2		1	A	4	3
C	3		2	L		1 4
D	4		3	F		2
E		1	4			3
F		2			1	4
G		3			2	1
H	OUT					

6 PLAYERS

Player	1	2	3	4	5	6
A	1	3		H	1	3
B	2	4		A	2	4
C	3		1	L	3	1
D	4		2	F	4	2
E		1	3			1 3
F		2	4			2 4
G	OUT					
H	OUT					

5 PLAYERS

Player	1	2	3	4	5	6
A	1	2	3	H	4	1
B	2	3	4	A		1 2
C	3	4		L	1	2 3
D	4		1	F	2	3 4
E		1	2		3	4
F	OUT					
G	OUT					
H	OUT					