

## Rules of the Game

### U7 Rules

- Ball: Size 3
- Goals: 4 feet high x 12 feet wide (this may vary from club to club)
- Number of Players: 3 or 4 per team on the field; 10 per team on the roster. No Goalkeepers.
- Player Equipment: Shin Guards, Tennis shoes or soft cleated soccer shoes
- Playing Time: Each player shall play at least 50% of the time.
- Duration of game: 4 x 8 minute quarters  
Breaks: 2 minutes between quarters and 5 minutes at half time  
Substitutions: When ball is out of play (i.e.: kick in, after a goal)
- Kickoff: Ball must travel forward before being touched by a teammate or opposition  
Opposition shall be 3 yards away prior to kickoff (outside the center circle.)
- Ball In/Out of Play: The entire ball must be over the touch (side) line or end lines to be out of play, including a ball traveling into a goal.
- Scoring: A player may score a goal using any part of the body with the exception of the hands and arms.  
A player may score on his/her own goal (goal is awarded to the opposition.)
- Offside: Offside does not occur.
- Free Kicks: A free kick is a result from a foul being committed by one of the teams.  
Opposing players must be 5 yards away prior to the free kick.  
All free kicks shall be indirect (the ball must touch an additional player after being put into play.)  
You can not score directly into the opposition's goal from a free kick.
- Penalty Kicks: Penalty kicks are not allowed.
- Kick-ins: Kick-ins are used instead of throw-ins, when the ball travels over the touch line.  
The kick-in shall be taken by the team who did not kick the ball out of play.  
Opposing players must be 3 yards away prior to the kick-in.
- Goal Kicks: Goal kicks shall occur when the ball is kicked over the end line by the attacking team.
- Corner Kicks: Corner kicks will not occur.  
Kick-ins will be used instead, when the ball is kicked over the end line by the defending team.  
The opposing players must be 3 yards away prior to the kick-in.