



U7 Divisional Rules Players on the Field: 5v5 (Minimum 4 on field to start game)

Game Length Time: Four 8 minute quarters

Ball Size: 3

Referees: Games are self-refereed. No more than 1 coach per team on the field during a game. 1 assistant coach per team allowed on the sideline. Coaches advised to remain close to the sidelines and not stand in the middle of the field or in the goal mouth.

Player Substitutions: Only after quarters, all players should play a minimum of half the game.

Stoppage time: Only at quarters (except for injured player); no overtime

Goalies: None (This division plays with a shooting arc to serve as a Goalie) Defense: At this age defenses are allowed to have up to two defenders but they should not be camped out on the blue arch.

Offsides: No offsides. Players can't stand on or in the shooting arc. Teams cannot place two players (defenders, right in front of the arc). This makes it near impossible to score.

Kickoffs- A second player must touch the ball before the initial player can touch the ball after the initial touch. Opposing team must stand back more than 2 yards from the kicker. Goals may be scored from a kickoff.

Throw-ins: Ball is considered out of bounds if it has completely crossed the boundary line.

Free Kicks: No penalty kicks allowed. Only indirect kicks (ball must touch another player before crossing goal line); ball must be at least 5 yards from goal line before kicking. Opposing team must stand back more than 2 yards from the kicker.

Make-up Games: Games are made up at the discretion of the Executive Director. General

Expectations: Parents, players and fans are encouraged to sit at least three feet from the sideline. No interference with game play and coach-referee calls should be respected. No parent or Coach is allowed to stand behind/beside the goal and talk to any player on the team for player and parent safety reasons.