



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 sideline. Coaches advised to remain close to sidelines and not stand in the middle of the field or in the goal mouth.

Player Substitutions: Only after quarters, all players should play 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.

Kick-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.