



5/6 Year Olds 7 v 7 Rules

Specifics	Amended Laws
Field Size	N/A
Goal Area	N/A
Penalty Spot	N/A
Penalty Area	N/A
Ball	Size 3
Goal Size	4ft x 6ft
Game Length	32 Minutes: 4 x 8 Minute Quarters
Between Quarters	5 minutes
Substitutions	Whenever when play is stopped. I.e: throw in, free kick, after a goal
Players In Positions	None
Goalkeeper	Yes
Contact (ex. tackles)	Yes, so long as they abide by the fair tackle ruling
Kick Off	On center spot, opposition outside the circle
Throw Ins	2 feet on ground with arms behind head
Fouls, Misconduct	indirect free kick, always explain call, 5 yards clear
Goal Kick	Goalkeeper will kick the ball from the edge of the penalty box
Corner Kick	As per Usual
Offside	none
Pass backs	not applicable
Coaching	Never on field during play, does substitutions
Mercy Rule	6 goals max, coaches should ensure they are doing everything possible to prevent running up a high score

1. FIELD OF PLAY

Restarts	Cause
Kick Off	Start game, start of quarters, after scores
Throw In	Out of bounds on sidelines by defense, 2 feet on ground with arms behind head
	redo as needed, 2 yds clear
Indirect Free Kick	Fouls, misconduct
	redo as needed, 5 yds clear
Goal Kick	Out of bounds by offense over goal line
	Edge of penalty area, redo as needed, 5 yds clear
Drop Ball	Circumstances not covered above
	redo as needed

2. BALL SIZE

Size 3

3. NUMBER OF PLAYERS

- Two teams of 7 players. Coaches may play 6 players.
- 1 Player to play as goalkeeper.
- Coaches are encouraged to rotate their players to ensure fair amount of playing time. Each player should play at least 2 quarters.
- **Each player shall play a minimum of 50% of the total playing time.**

4. PLAYERS EQUIPMENT

- All players must wear shin guards.
- No metal cleats may be worn.
- Soccer cleats are recommended although sneakers are acceptable to wear.
- Socks **MUST** cover the shin guards completely.
- **NO JEWELRY IS TO WORN**

5. REFEREE

- Each game will have one on the field.

- The referee is provided by the league.
- Responsibilities: player safety, enforcement of the game laws and time keeping.
- Explain the rules to the players.
- IF NO REFEREE SHOWS, COACHES MAY PICK A PARENT TO HELP.

6. LINESMAN

There are no linesmen.

7. GAME DURATION

- 4 x 8 minute periods.
- At the end of quarter's take a 5 minute break, teams change ends **only** at half-time. Teams may stay on same side all game if both coaches agree.

8. THE START OF PLAY

- Start each period or restart the game after a goal is scored with a kickoff at the center of the halfway line. The ball may be passed back.
- All players must remain on their own side of the halfway line until the ball is kicked.
- All opposing players must be outside the centre circle prior to the kick.
- The player taking the kick may not touch the ball a second time until it has been played by ANY other player. (Double touch).

9. BALL IN AND OUT OF PLAY

When the ball goes out of play, the game is restarted as follows:

- The ball is out of play when the **whole** ball crosses the entire touchline or goal line, whether on the ground or in the air. The ball is in play at all other times.
- Restart with a thrown in if the ball goes out of play over the touchline. The thrown in will be taken by a member of the opposing team that last touched the ball.
- When play is stopped due to an injury, bad weather or other reason not covered elsewhere in these rules, the game is restarted with a dropped ball at the place where the ball was located when play was stopped. Unless the injury was caused by a foul.

10. METHOD OF SCORING

A team is awarded a goal each time the **whole** ball crosses the portion of the goal line under the cross bar and between the posts in the goal that they are attacking. If a defending player unintentionally scores a goal in his own goal, the goal is awarded to the attacking team.

- Goals can be scored from anywhere on the field.
- Goals can not be scored directly from kick-offs, free kicks, kick-ins, goal kicks or corner kicks. Once the kick is taken, if any player (attacker or defender) touches the ball and the ball goes in the goal, a goal is awarded to the attacking team.
- Players may enter the goal box to play the ball.

11. OFF-SIDE

There is NO off-side.

12. FOULS & MISCONDUCT

The referee may award a team a Free Kick for **intentional** tripping, pushing, hitting, holding or ball handling by an opponent. Free kicks are all indirect (goals cannot be scored directly from a free kick). Referee's should explain all infractions to the offending player.

Whistle only on intentional fouls or to ensure the safety of the players.

13. FREE-KICK

- The kick is taken where the foul was committed. All opposing players must be situated at least 5 yards away from the ball. The kicker cannot touch the ball twice in a row - the ball needs to be touched by another player.
- Double Touch - If the player taking the free kick (kick-in, goal kick, corner kick or kick-off) touches the ball twice in a row prior to being played by any other player, after one redo, if the player makes the same mistake, a free kick is awarded to the opposing team.

14. PENALTY KICK

To be taken from the penalty spot for fouls committed in the penalty area by the defending team.

15. KICK-IN

When the whole of the ball crosses the touch-line in the air or on the ground, a kick-in will be taken at the point where the ball left the field (within 1 yard either way). Opponents must be positioned at least 5 yards from the ball.

16. GOAL KICK

Restart with a goal kick if the ball goes out of play over the goal line, last touched by a member of the attacking team. The ball is placed anywhere on the edge of the goal area. Opponents must be positioned at least five yards from the ball.

17. CORNER KICKS

Restart with a corner kick if the ball goes out of play over the goal line, last touched by a member of the defending team. The ball is placed on the corner of the field closest to the place where the ball went out or inside the field within a yard from that corner. Opponents must be positioned at least five yards from the ball.