



7v7 PLAYING FORMAT & RULES

Last revised 8.25.2022

For NCFC Youth Recreation, Challenge, Juniors, U11 Classic InHouse, LaLiga Games

CHECK IN REQUIREMENTS:

- **REC:** Printed copy of Roster from PlayMetrics
- **CH:** Printed, stamped copy of NCYSA Official Match Roster and player cards or digital copies
- **JRS, InHouse:** no formal check in requirements
- **La Liga:** Printed copy of Roster

Number of Players on Field:

- 7v7 Including Goalkeepers (No punting)
- Minimum: 5 players including goalkeeper

Field Dimensions: Approx. 60 yards x 40 yards

Throw-ins: Yes (retakes and education encouraged)

Heading: Not Allowed (per USSF Mandate)

Team Areas:

- **Player & Coach Sideline:**
*ONLY rostered players and officials allowed
- **Parent/Spectator Sideline:**
*Expected to sit/stand on half of field directly opposite their team's players and coach(es)

Referees: 1 center provided by NCFC Youth, 1 center 2 ars for LaLiga

- All rule infractions shall be briefly explained to the offending player.

The Field

- Dimensions: approx. 60 yards long and 40 yards wide. Field should have two build out lines located equidistant from top of penalty area and center circle.
- Goals: 6 ft high and 18 ft wide

The Ball

- Size 4 ball to be provided by home team.

Number of Players

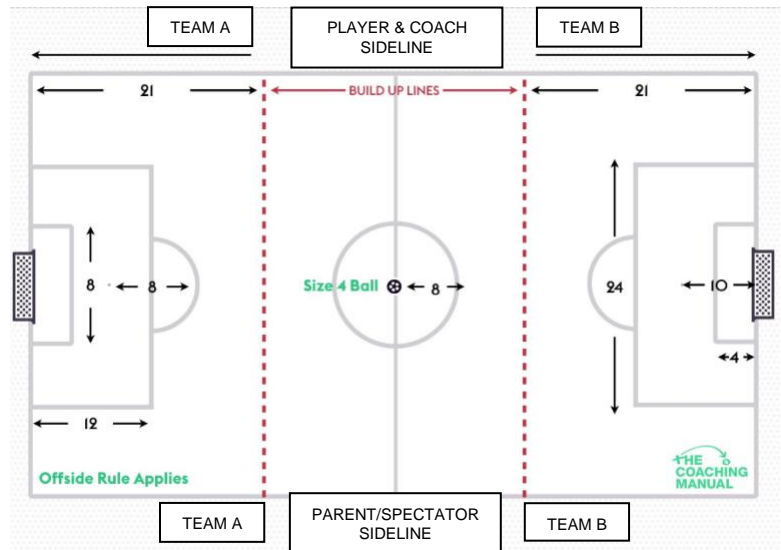
- Max. number of players per team on the field at one time is seven, including GK.
- Min. number of players per team on the field is five (5).
- Substitutions can be made on any stoppage with the referees' permission

Players' Equipment

- Uniforms: Players are required to wear the appropriate home or away NCFC Youth jerseys at all games.
- The team listed first on the schedule shall be the home team and if jersey color issue then they would be required to change.
- Players must not use equipment or wear anything dangerous to themselves or another player. This includes but not limited to watches, rings, earrings, nose rings, bracelets, necklaces, hair beret clips, etc. EXCEPTIONS include medical bracelets which must be taped down and woven-in hair beads in under 12 small sided NCFC Youth games which must be tightly secured in a bun or wrap.
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats recommended, not required. No shoes with toe cleats (baseball cleats). No metal cleats.

Duration of the Game / Playing Time

- **REC & CH** – 2 x 25 min. halves
- **JRS, IH, LaLiga** = 2 x 30 min. halves



- Half time should be at least 5 minutes

Starting the Game

- A coin toss between both team captains will be conducted by the referee. The team who wins the toss will have choice of kick off OR which goal to attack.
- Kickoff occurs at start of each half and after each goal. Opposing team must be outside center circle on their half of field.
- Kickoff - ball is in play when it is kicked and clearly moves in any direction, including backwards.
- After halftime, the teams change sides and kickoff is taken by the team who did not take the kickoff at the start of game.

Ball In and Out of Play

- If whole ball crosses either sideline, then it is out of bounds and game should restart with a throw-in for the other team

Method of Scoring

- The entire ball must travel over the goal line, inside of the goal.

Off-Side

- Offside will be called per USSF Mandate, if it is blatant. Starting at the build-out line.*
- ***Except for La Liga and U11 Classic, where offside will begin at the halfway line**
- No offside directly from a throw in
- No offside directly from goal kick

Fouls and Misconduct

- **No punting:** if a goalkeeper punts (volley or ½ volleys the ball from hands), the other team shall be awarded an indirect free kick on the center spot (half way line). Restart with indirect free kick.
- **No heading:** Per USSF mandate. If a player intentionally heads the ball an indirect free kick will be awarded to the opposing team where the ball was headed. If this is inside their penalty area award the kick at the top of the box.

- **Slide tackling:** While this is legal, coaches should encourage players to stay on their feet to tackle the ball from an opponent.

Build Out Line/Rule

Goal Kick:

- All opposition players must retreat behind build-out line. They can only cross the build out line after the goal kick is taken. Game is live at that point
- NEW: ball can be received inside the penalty area by possession team on goal kick (per FIFA rule change 2019).

Goalkeeper Possession

- The build-out line/rule is in effect when the goalkeeper has the ball in their hands. Once, the ball leaves the goalkeepers hands it is live.
- It is the goalkeeper's choice if they wish to release the ball from their hands before the opposition has retreated to the build-out line and play is live from that point.

Free Kick

- Indirect and direct free kicks to be given in accordance with laws of game.
- Opponents must be 8 yards from the ball.

Penalty Kick

- Taken from 8 yards out
- Goalkeeper must have at least one foot on the goal line when the ball is struck

Corner Kick

- Awarded when ball crosses goal line, except through the goal, and was last played or touched by a defending player. Attacking team to take corner from same side of the goal on which it went across the goal line.
- Opponents must be 8 yards from the ball.