

MSI Recreation Program

7 vs. 7 Game Format (3rd/4th Grade)

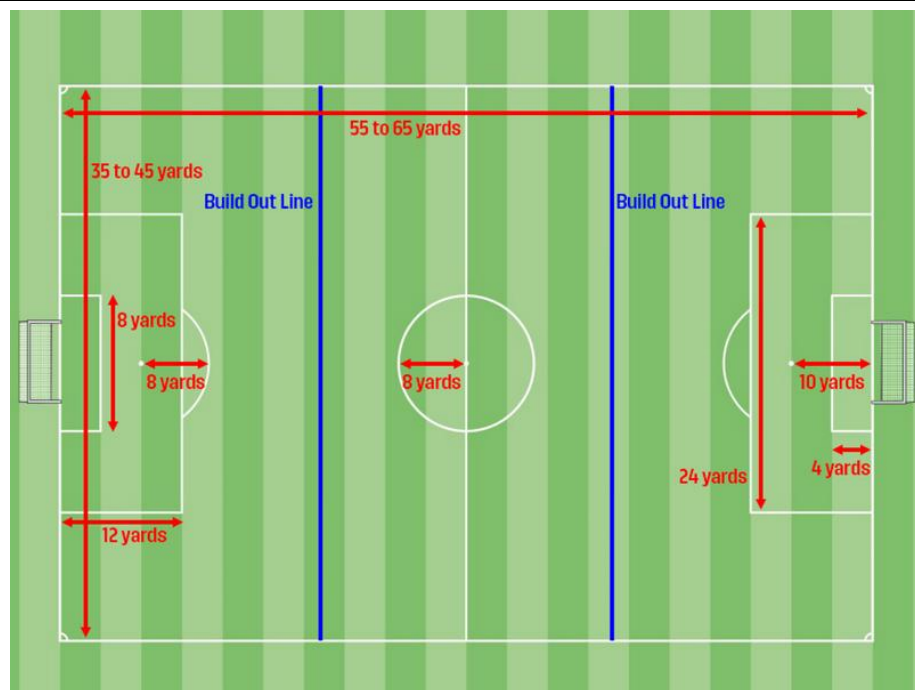


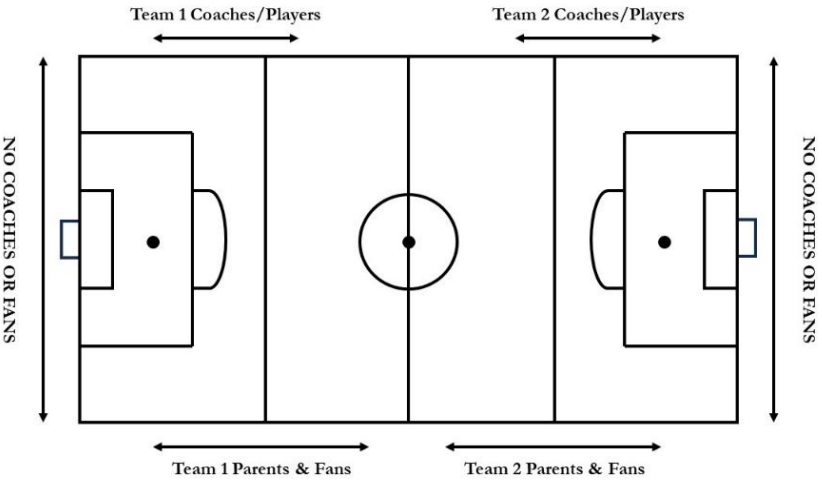
Summary	3rd and 4th Grade soccer in the MSI Recreational Program follows the US Soccer Federation Player Development Initiatives for 7 vs. 7 soccer standards. • Age-appropriate fields and goals • Stay aligned with US Soccer Player Development standards • Use of Build-Out Lines to encourage a skillful style of play • No punting and no heading of the ball
Description	Teams will play 7 vs. 7 soccer, including goalkeepers, with certified referees, following all US Soccer guidelines.
Set-Up	Volunteers from the team assigned to Set-Up duty will set up goals, nets, and corner flags as needed depending on the field. Safety considerations such as anchoring goals are of paramount importance.
Takedown	Volunteers from the team assigned to Takedown duty will complete required tasks based on the specific field such as removing nets, taking goals down or putting goals away, and removing corner flags. The Takedown team will either be assigned Set-Up duty the following week or will be responsible for returning the equipment to the MSI office. The team in the last game of the day not assigned to Takedown is responsible for leaving the field clean and tidy.
Field of Play	
The field will measure 55-65 yards in length and 35-45 yards in width. In addition to sidelines and endlines, it will include the following markings. (See Diagram 1) • The Midfield Line separates the two halves of the field. A spot in the middle of the line indicates the location for kickoffs to be taken. • The Center Circle (radius 8 yards) marks the area where players from the defending team may not stand on a kickoff.	

- The **Penalty Area** extends 12 yards from the end line and measures 24 yards wide. Inside this area, the goalkeeper may use their hands, and infractions by the defending team leading to a Direct Free Kick result in a Penalty Shot.
- The **Goal Area** extends 4 yards from the end line and measures 8 yards wide. Goal Kicks are taken from anywhere within the Goal Area (or on the line).
- The **Penalty Spot** is located 10 yards from the endline in the center of the field. Any Penalty Shot is taken from this spot.
- The **Build-Out Line** runs sideline to sideline approximately halfway between the top of the Penalty Area and the Midfield Line. See the Rules of Play section for more information.

One side of the field will be reserved for teams and coaches, while the other side of the field will be reserved for parents and other spectators. **Coaches and spectators may NOT stand along the end lines behind either goal.** (See Diagram 2)

Diag. 1
Field
Dimension
s



Diag. 2 Coaches, Players, Fans	 The diagram illustrates a rectangular soccer field with a center circle and two goal areas. Above the field, two horizontal double-headed arrows indicate designated zones for 'Team 1 Coaches/Players' (left) and 'Team 2 Coaches/Players' (right). Below the field, two horizontal double-headed arrows indicate designated zones for 'Team 1 Parents & Fans' (left) and 'Team 2 Parents & Fans' (right). On the far left and right sides of the field, vertical double-headed arrows indicate areas where 'NO COACHES OR FANS' are permitted.
Rules of Play	
Laws of the Game	With the exceptions of the rules below, play shall follow the FIFA Laws of the Game. The International Football Association Board has an excellent resource at http://www.footballrules.com.
Number of Players	Each team shall play with 7 players on the field. A minimum of 5 players on a team is required for play to commence or continue.
Ball	The game will be played with a Size 4 soccer ball.
Duration	The game shall be divided into 25 minute halves. No overtime will be played shall the game be tied after two halves.
Referees	The game shall be officiated by a certified referee.
Scores	The referee will keep score on the field, and Coaches will report the score via LeagueApps following each game. Standings will not be posted.
Offside	The Offside rule will be implemented in this game format with the Build-Out Line modification. Offside will only be called on a player who is in an offside position and is beyond the Build-Out Line.
Subs	Unlimited substitutions are permitted. Substitutes must report to the midfield line prior to entering play. Substitutes may not enter the field of play until permitted by the referee. Substitutes may enter the game prior to a throw-in by either team, only when the

	team in possession chooses to substitute; prior to a kick-off by either team; prior to a goal kick by either team; prior to a corner kick by either team. On an injury, only the injured player(s) may be substituted; the opposing team may substitute the same amount of players.
Heading	Per US Soccer guidelines, there is no heading of the ball in this game format. • An intentional headed ball results in an Indirect Free Kick for the other team. • An unintentional headed ball results in a drop ball. • If the ball is headed inside the Penalty Area, the ensuing restart is moved to the top of the area.
Safety	In addition to the heading restriction, for safety reasons there is NO slide tackling. Additionally, per FIFA rules, no jewelry of any kind may be worn. Earrings must be removed in order to play.
Build-Out Line	In 2017, US Soccer introduced the Build-Out Line to encourage a more skillful style of play. It is frequently employed at various youth levels internationally. • Goalkeepers may not punt or drop-kick the ball. • When the goalkeeper gains possession of the ball with their hands, all opposing players must move behind the build-out line (see above). • Opposing players may cross the build-out line after: ○ Goalkeeper possession: the goalkeeper releases the ball and a second touch occurs (by another player or by the goalkeeper playing the ball with their feet). ○ Goal kick: a second player touches the ball, or the ball travels beyond the build-out line before the second touch. • The goalkeeper is not required to wait for opponents to retreat before putting the ball into play. • Persistent failure to retreat behind the build-out line may result in an indirect free kick and/or misconduct.
Goalkeeper Possession	Once a goalkeeper has control of the ball, they will have eight seconds to release the ball. The referee will raise his arm to

	indicate there are five seconds left. If the ball hasn't been released at the end of eight seconds, a corner kick will be awarded to the opposing team.
Coach and Parent Conduct	
In laying the foundation of our children's soccer experience, we must create an environment that is safe, fun, and supportive. The attitudes and conduct of our coaches and parents are of paramount importance. • At no time should any adult challenge the judgement of a Referee. Our Referees are integral to creating a healthy soccer environment, and we must create a supportive culture for them as well as for the players. Any questions about referees can be addressed to your league coordinator. • All parents are encouraged to join the Soccer Parent Resource Center, free to MSI families, and to complete the Sideline Project course, a 15 minute guide to improving the game environment. ◦ Join the SPRC! ◦ The Sideline Project • Parents may cheer their support and encouragement. No negative comments will be tolerated. • Parents are not to give instructions from the sideline. Players learn the game and develop skill when they can make their own decisions. • Coach instructions should be specific and brief. Constantly directing the players stifles development and reduces fun. • Coaches are collaborators with one another in creating a player-centered environment where children can learn, grow, and have fun!	