

7v7 GAME RULES

7U-10U AGE GROUPS

1. THE GAME

- 2x25 Minute Halves with 5 Minute Halftime
- Size 4 Soccer Ball
- 7v7 – 6 field players plus the goalkeeper
- 1 Center Referee
- Teams will be on one side of the field. ALL spectators will sit on opposite sidelines.

2. PLAYER EQUIPMENT

- All players must have shin guards covered by soccer socks for games and practices
- Soccer cleats are required
- No hard casts
- No jewelry unless it is medically necessary to wear

3. SUBSTITUTIONS

- Substitutions allowed on stoppages in play AND when recognized by the referee. Teams may sub on throw-ins, goal kicks, after a goal, injuries, and other times deemed legal by the referee.
- Players must exit the field before the new player enters.
- Each player MUST play a minimum of half the game.

4. RULE MODIFICATIONS

- **BUILD-OUT LINE:** Defending team must drop behind the build-out line (midfield if dotted build-out line is absent) on opposing team goal kicks and when the opponent goalie possesses the ball with their hands until the ball has been put into play.
- **NO Punting** over midfield without ball touching the ground in own half
- **NO Heading**
- **OFFSIDE** will be called when visible to the referee
- Players will get 1 re-try on an illegal throw-in. 2nd attempt must be legal or the throw-in goes to the other team.

5. FOULS/MISCONDUCT

- **NO Slide tackling**
- All other fouls and misconduct will be US Youth Soccer Laws of the Game