



## Youth Soccer U-7 Division Rules

### GAME FORMAT

- 5 v 5 format
- #3 ball is utilized
- Game consists of four 8-minute quarters with one 5-minute half time (half time can be waived if both coaches agree).
- Maximum number on the field 5
- To start match 4
- To finish match 4

### GAME PLAY

- A coin flip determines which team will begin the game with a kickoff. The visiting team calls heads or tails.
- Teams switch halves of the field at half time.
- Play is restarted at the beginning of each half and following a goal by means of a kickoff taken at midfield.
  - All players must be on their own half of the field.
  - Players on the non-kicking team must be 3 yards from the ball (determined by official).
  - The ball is stationary on the center mark until the referee gives a signal.
  - The ball is in play when it is kicked and moves forward.
  - The kicking player cannot touch the ball a second time until it has been touched by another player (of either team).
  - All kick offs at the U-7 level shall be indirect kicks, meaning that a goal cannot be scored unless the ball is touched by another player of either team before it goes in the goal. If the ball enters the non-kicking team's goal before being touched by another player, a goal kick is awarded to the non-kicking team.
  - If an infringement occurs during a kickoff at the U-7 level, retake the kick and coach the players on the correct procedure.
- All games must begin on time. **A team not prepared to begin play within 15 minutes of the scheduled start time shall forfeit the game. The game may still be played but will be shortened to ensure the next game is started on time. A game that starts late will be shortened unless the delay was caused by the tardiness of the referees.**

- A drop ball is used to restart play after a temporary stoppage for any reason not otherwise mentioned in these rules.
  - The referee will drop the ball between one player from each team.
  - Players may not kick the ball until it touches the ground.

## **PLAYERS**

- If a team has only 3 players to begin a game but a fourth player shows up sometime after the start of play, that player may enter the game at the first stoppage in play at the discretion of the referee.
- The fourth player will not enter until beckoned by the referee. If a team has only 3 players to begin a game and during a play a player must leave the game and will not return, the game will be terminated at that point. *A team may not start or continue with less than 3 players.* The game will be declared a forfeit.
- Each player shall play a minimum of 50% (two quarters) of the total playing time.
- **Substitutions** will be allowed **ONLY** at the end of quarters and at the half-time break. The only other time substitutions shall be allowed will be in the case of an injury. In accordance with The Family Y's participation policy, every player **MUST** play at least half of every game. It is the responsibility of the coach to assure that this policy is carried out. If your team has more than 10 players, let referee know so you can make a substitution at mid-quarter, if needed.

## **PLAYER EQUIPMENT**

- The YMCA will supply colored and numbered team jerseys for each player. Parents should supply black shorts. Playing in "skins" shall not be allowed. If there is a conflict between team colors, "pennies" will be available at concession.
- Shin guards and footwear are required of all players. Footwear should be a tennis shoe or soft cleat soccer shoe. Players may not play with improper shin guards, newspaper or bandages will not be allowed.
- Players shall not play with a hard cast.

## **REFEREES**

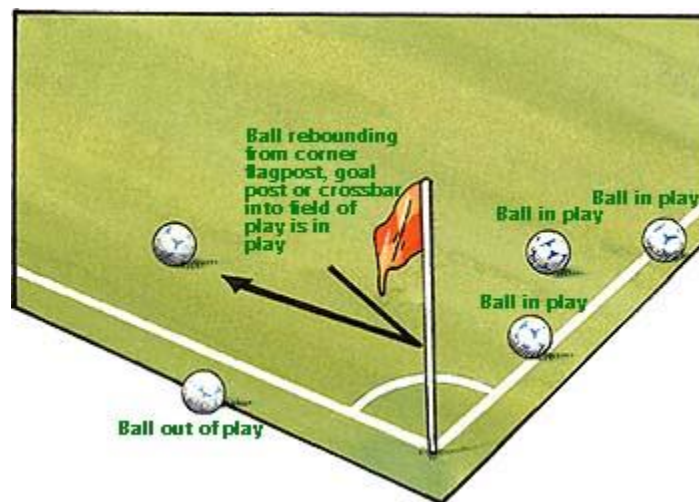
- Referees will be assigned and managed by the YMCA.
- Referees should do their best to avoid interfering with the course of play but are considered part of the field.
- Referees should briefly explain all rule infractions to the offending player.

## THE CLOCK

- U-7 games consist of **four quarters of eight minutes** each. The referee or other designated time keeper should keep track of the time.
- There is a 2 minute break between the first and second quarter as well as between the third and fourth quarter.
- There is a 5 minute half time break between the second and third quarter.
- Please start and end your games on time. If you start late, deduct time from the quarter and half time breaks.
- All players should be given the opportunity to play a minimum of two quarters each game.
- The clock will **not** stop. However, time may be added for deliberate time wasting (delay of game) or stoppages due to injury. The referee is the official time keeper and is the sole judge of how much time, (if any), may be added to a game.

## BALL IN AND OUT OF PLAY

- The ball is out of play when the whole ball has crossed the goal line (end line) or touch line (side line) on the ground or in the air; or when play has been stopped by the referee.
- The ball is in play at all other times, including when it rebounds from a goalpost, crossbar, corner flag post or coach and remains in the field of play.



## METHOD OF SCORING

- A goal is scored when the whole ball passes over the goal line between the goal posts and under the crossbar, provided that no infringement of the rules was committed by the team scoring the goal.



## OFFSIDES

- Offsides penalties are not called at the U-7 level.

## HEADERS:

- **Due to new rules in the US Youth Soccer Rules, there will be no intentional heading of the ball during practices or games. No exceptions! If a player deliberately heads the ball, the opposing team will be awarded an indirect kick where the penalty occurred.**

## FOULS AND MISCONDUCT

- All free kicks (see *free kick*) at the U-7 level shall be indirect kicks, meaning that a goal cannot be scored unless the ball is touched by another player of either team before it goes into a goal. The following are infractions and result in a free kick for the opposing team.

- Tackling from behind.
- Grabbing and holding another player's shirt.
- Intentional tripping, pushing or shoving.
- Handling the ball
  - A "handball" occurs when a player intentionally makes contact with the ball using any part of the hand or arm from the side of the shoulder to the tips of the fingers.
  - Unintentional contact with the hand or arm (i.e., "ball to hand") is not a foul.
  - Offsides is not called at the U-7 level.
  - Intentional headers are not allowed at the U-7 level. Intentional headers will result in an indirect kick at the spot of the foul.
- All rule infractions should be explained to the offending player.

### **FREE - KICK**

- Free kicks are awarded to the non-offending team at the spot of an infraction.
- If the defending team commits an infraction inside their own goal area, the free kick is taken from the nearest point parallel to the goal line and outside the goal area. If the attacking team commits an infraction inside the goal area of the defending team, the free kick is taken from any point within the goal area.
- The ball must be stationary prior to the kick, and the non-kicking team must yield a reasonable distance (3 yards, if possible) from the kicker.
- The ball is in play when it is kicked and moves one full revolution.
- The kicker may not touch the ball a second time until it has been touched by another player.
- **Three Line Rule** - A ball may not be kicked in the air over three lines without touching the ground or a player first. Violation of this rule will result in an indirect free kick awarded to the opposition and taken from the half line (kick off).
- All free kicks at the U-7 level shall be indirect kicks
  - A goal cannot be scored unless the ball is touched by another player of either team before it goes into the goal.
  - If the ball enters the non-kicking team's goal before being touched by another player, a goal kick is awarded to the non-kicking team.
  - If the ball enters the kicking team's goal before it is touched by another player, a corner kick is awarded to the non-kicking team.

### **PENALTY KICK**

- Penalty kicks are not taken at the U7 level.

## **THROW - IN**

- A throw-in is a method of restarting play and is awarded:
  - When the whole of the ball crosses the touch line (sideline) in the air or on the ground
  - From the point where the ball crossed the touch line
  - To the opponents of the player who last touched the ball.
- A proper throw-in is one in which:
  - The player faces the field of play
  - Has part of each foot either on the touch line (sideline) or on the ground outside the touch line
  - Uses both hands
  - Delivers the ball from behind and over his head.
- The thrower may not touch the ball again until it has touched another player.
- The ball is in play immediately when it enters the field of play.
- A goal cannot be scored directly from a throw in. If the ball enters the non-throwing team's goal before being touched by another player, a goal kick is awarded to the non-throwing team. If the ball enters the throwing team's goal before it is touched by another player, a corner kick is awarded to the non-throwing team.
- **If an infringement occurs on a throw-in at the U7 level, coach the players on the proper technique and retake the throw-in.**

## **GOAL - KICK**

- A goal kick is a method of restarting play and is awarded when the whole ball, having last touched a player of the attacking team, crosses the goal line on the ground or in the air, and a goal is not scored.
- Procedure:
  - The ball is kicked from any point within the goal area by a member of the defending team.
  - Opposing players must remain 3 yards away from the ball until it is kicked.
  - The ball is in play when it is kicked and moves.
  - The kicking player cannot touch the ball a second time until it has touched another player.

- All goal kicks at the U7 level shall be indirect kicks, meaning that a goal cannot be scored unless the ball is touched by another player of either team before it goes into the goal. If the ball enters the non-kicking team's goal before being touched by another player, a goal kick is awarded to the non-kicking team. If the ball enters the kicking team's goal before it is touched by another player, a corner kick is awarded to the non-kicking team.

### **CORNER - KICK**

- A corner kick is a method of restarting play and is awarded when the whole ball, having last touched a player of the defending team, crosses the goal line on the ground or in the air, and a goal is not scored.
- Procedure:
  - The ball is placed inside the corner arc at the nearer corner flag post.
  - The flag post cannot be removed from the ground for the kick.
  - Opposing players must remain 3 yards away from the ball until it is kicked.
  - The ball is kicked by a member of the attacking team.
  - The ball is in play when it is kicked and moves.
  - The kicking player cannot touch the ball a second time until it has touched another player.
- All goal kicks at the U-7 level shall be indirect kicks, meaning that a goal cannot be scored unless the ball is touched by another player of either team before it goes into the goal. If the ball enters the non-kicking team's goal before being touched by another player, a goal kick is awarded to the non-kicking team. If the ball enters the kicking team's goal before it is touched by another player, a corner kick is awarded to the non-kicking team.

### **GOALKEEPER AND GOAL ARC**

- **No goalkeeper in U7 boys or girls**
- **No player(s) of either team may enter the goal arc that is under attack.**
  - A goal scored from a shot taken inside the goal arc under attack will be disallowed.
  - Violation of this rule will result in a goal kick for an offensive violation and a corner kick for a defensive violation. Any player judged to be in the goal arc for the purpose of defending the goal will be first warned by the referee, and then cautioned for any subsequent violation.
    - If a player transitioning through the goal arc, touches the ball and prevents a goal scoring opportunity, the referee may award an indirect kick to the attacking team to be taken from a point between the half line and the goal line.

- Repeat violations may result in a caution or send off. If a player(s) from both teams enter the goal arc simultaneously, the referee may elect to award a drop ball at the half line.
- If the ball is kicked by the offense and stops dead in the goal arc area, the opposing team will be awarded a goal kick.
- If the ball is kicked by a defender and stops dead in the goal arc area, the offense will be awarded a corner kick.
- If the ball is kicked simultaneously by the offense and defense and stops dead in the goal arc area, a drop ball will placed 1 yard outside of the arc closest to where the ball “died”. **All distances are to be judged solely by the referee.**
- The intent is to encourage one on one duel outside of the goal arc. A player may transition through the goal arc but may not attempt to protect the goal during transition.

### **FIVE SECOND RULE**

The ball must be put into play within five seconds of all restarts including throw-ins, free kicks, etc. Violation of the five-second rule may result in an indirect free kick awarded to the opposing team, taken from the half line. The intent of this rule is to ensure that the game is not delayed unnecessarily.

### **STANDINGS / GAME REPORTS:**

The referee does not keep games scores nor are they recorded by the league.

### **PROTESTS**

- The referee’s judgment is final. Only where a team is suspected of using an ineligible player(s) can a protest be filed. Teams found guilty of ineligible participation must forfeit each game where ineligible players are involved. Coaches found guilty of using ineligible players shall be removed from The Family Y Youth Sports Program.
  - Ineligible player is defined as a player not registered for a play on a Family Y team and or not listed on a team’s official roster as maintained in The Family Y Youth Sports office. Teams are expressly prohibited from allowing an ineligible player to play or practice with a registered Family Y Youth Sports team on or off The Family Y facilities.

### **CONDUCT**

- Mutual understanding and respect are a must for all players, coaches, officials, parents, and staff.
- Any questions, comments or remarks should wait for the appropriate time (at half-time and end of game). Never during the game, except an injury time out, will the coach enter the playing area. Only after a time out has been called, or during half time, may the coach enter the playing area. Any discussion with the official will be at the official’s discretion.



- The field supervisor or The Family Y Youth Sports Director will resolve any disputes or disagreements.
- Coaches and spectators must remain off the playing surface during play.
- Coaches and spectators are restricted from the area directly behind the goal lines.

#### **COACHES BOX AND TEAM AREA**

Only players, a coach, an assistant coach or team mom will be permitted in the team area. All others must be on the spectator's side of the field.

#### **POLICY**

The Family Y Youth Sports Complex is a non-smoking, alcohol and drug free facility. We need everybody's help to maintain a safe and wholesome environment for our participants. For the safety of all participants, nonparticipating children should not be left unattended at any time.