

U7 - Standards of Play

Size 3 ball

4v4

No goalkeeper

Shin guards are required

Substitutions are unlimited and can occur at any stoppage of play.

Four 8-minute quarters / 2-minute breaks between quarters

Kick offs, free kicks, goal kicks, corner kicks and throw-ins are used to start or restart play.

All free kicks will be indirect

Opponents will be no closer than 6 yards from the ball on all restarts.

Opponents will be on their side of the mid-field line on all goal kicks.

No penalty kicks

A penalty inside the box will result in an indirect kick from outside the penalty area.

No offside

Referees will not be scheduled for this age group.

One coach (only) from each team may be on the field of play to direct and referee players (please try to stay out of the players way do not run up and down the field with them).

*Absolutely no intentional head balls; an infraction of this rule will result in an indirect kick from the spot of the foul.