

## 7V7 SPRING KICK OFF - RULES & REGULATIONS

The following rules have been designed to ensure fair play. The 7v7 Kick-Off is designed to be both developmental and fun-based in nature. Coaches are requested to maintain an understanding of this philosophy throughout the event and treat games accordingly. Every player is expected to understand these rules prior to their participation in the tournament. FIFA rules apply if not modified here.

### SHORT VERSION OF THE RULES

- 7 Players on the field – 1 Keeper & 6 field players
- Indirect kick-ins instead of throw-ins - defenders must retreat two yards back from the line
- Kick-off can be played in any direction
- Goal-kicks can be dribbled or passed into the field from anywhere inside the goal box
- 7-yards back from any free-kick situation
- No offside
- No slide tackles
- Penalties from 5 yards - keeper must stay on the line
- 25-minute running clock
- Subs “on the fly” as long as the player being substituted is off the field at halfway

### FULL RULES:

1. **Sportsmanship:** Good sportsmanship is to prevail at all times. There will be no scores recorded, no play-offs and no trophies or awards.
2. **Number of Players:** A maximum of 7 players shall be on the field. The minimum number of players that a team can field is 5 if a team falls below 5 available players must forfeit. The maximum roster size is 9 players
3. **Team Colors:** The team listed first on the schedule shall always change their shirts or wear pennies if there is a clash of colors.
4. **Field Dimensions:** The playing field shall be 46-48 yards long by 34-36 yards wide. The field will be designated by markers and it shall be the referees final decision if the ball is in or out of play.
5. **Game Duration:** Each game shall be 25 minutes long – Running Clock. There are no timeouts and the game clock does not stop. The announcer shall have the official time for all games and will sound a horn to start and end games
6. **Game Start:** The team listed first on the schedule shall decide which end they wish to defend and the team listed second on the schedule shall kick-off.
7. **Substitution:** Substitutions are unlimited. Substitutions may be made “on the fly.” There is no requirement to ask the referee to substitute. The player coming onto the field may not do so until the player being replaced is completely off of the field at the half way line.
8. **Scores:** No scores will be recorded, announced or displayed
9. **Offside:** There is no offside
10. **No Slide Tackling:** If a player is sliding, no contact is allowed. If a player slides and contact is initiated, a free-kick shall be awarded. This does not prevent players from sliding to stop/intercept a ball where contact is not initiated during the slide. Example: a player may slide to save a ball from going out-of-bounds.

11. **Heading:** The following rule will apply to u11 age groups and below. When a player in the u11 age group or below deliberately heads the ball in a game, an indirect free kick shall be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
12. **Kick Off:** May be taken in any direction. You cannot score directly from a kick-off.
13. **Kick-Ins:** The ball shall be passed into play from the sideline instead of thrown in. The ball is considered in play when the ball is touched and moves one full rotation. You cannot score directly from a kick-in. Defending players must be at least two yards away from any kick-in.
14. **Age Groups:** Age groups are calendar year as shown in the table below.
15. **Pass-Backs:** A goalkeeper cannot pick up a pass back. This would result in an indirect free-kick at the point where the keeper picks up the ball.
16. **Keeper Rules:** The goalkeeper has a maximum of 5 seconds to return the ball into play. Should the referee assess that the keeper is deliberately delaying the game and taking longer than five seconds they will award a corner to the opposition.
17. **Direct & Indirect Kicks:** All dead-ball kicks (kick-ins, kick-offs, free kicks) are indirect with the exception of corners and penalty kicks.
18. **Seven Yard Rule:** In all direct and indirect situations, defending players must stand at least seven yards away from the ball. If the defensive player's goal is closer than five yards the players
19. **Goal Kicks:** May be taken from any point inside the goal box and can be passed or dribbled out of the area. All attackers must be outside of the goal box.
20. **Penalty Kicks:** Shall be awarded if there is a direct free kick offense inside of the Goal-Box. Penalty kicks are direct and are taken from a spot 5 yards from the center of the goal. The goalkeeper must stay on the line for a penalty kick and cannot advance forwards.

Birth Year	Age Group
2016	u8
2015	u9
2014	u10
2013	u11
2012	u12



