



Modified Playing Rules for the U7 Age Group

Number of Players (on the field)

U7 - The maximum number of players on each field is 5 per team (5 v 5).

Field Dimensions

The field of play will be rectangular, with specific dimensions 50 yards in length x 30 yards in width with a midfield (half field) stripe.

Goals

Goals will be Pop-Up Goals approximately measuring 6 feet in length

Ball

The official ball is a size 3.

Duration of Play

Matches will consist of 4 10-minute periods (quarters). A four-minute break will follow each period.

The Referee

There is no assigned referee for U7 play. Each team will provide ONE monitor, per match. The monitors are the only adults allowed on the field during play. The primary concerns of the monitor are the safety and enjoyment of the players.

Kick-Offs, Corner Kicks, Goal Kicks, Throw-Ins

To start the game, the coach in charge of the balls should roll the ball out to a team. When the ball goes out of bounds (including in the goal) the coach rolls out a ball and calls out "new ball!"

Penalty Kicks

NONE

Misconduct

A player who blatantly tries to injure an opponent or who continually breaks the rules should be removed from the game. The player may be allowed to reenter the game after a cooling off period at the discretion of the coach and facilitator.

Safety Rule

If a player on either team is on the ground near the ball, play is to stop immediately allowing the player to get back to his feet. The game will restart with a pass from the team that was in possession when play was stopped.

Sliding and slide tackling

No slide tackling is allowed at the U6 level, but players can legally slide to play the ball if there is no danger of injury to an opponent.