

## U7 Rules and Guidelines



Fielded Players	4 per team (no goalkeeper)
Roster Size	8 max
Field Size	20 x 30 yards approximate
Ball Size	3
Goal	4' x 6' Pugg or similar
Game Duration	Four 10 minute quarters = 40 minutes
Overtime	No overtime
Referees	Up to two parent volunteers / coaches (one from each team)
Out of Bounds	When the entire ball has crossed the goal line or sideline, whether the ball is on the ground or in the air
Substitution	Unlimited substitutions at any time during play or stoppage
Throw-in	New ball from the sideline to restart play
Goal Kick	New ball from the sideline to restart play
Corner Kick	New ball from the sideline to restart play
Indirect Free Kick	None
Direct Free Kick	None
Penalty Kick	None
Fouls / Misconduct	Player can be penalized for excessive roughness, dangerous play, or unsporting behavior. Play is stopped by the Referee and the possession of the ball is awarded to the other team. Play restarts with a new ball from a coach. Coach shall counsel any player for unsporting behavior.
Offside	None
Hand Ball	No violation for hand-ball; no resulting penalty Player should be reminded of the "no hands" rule Avoid stoppage of play if possible
Hea ders	Use of the head to play the ball is not allowed.
Playing Time	Every player must have an equal amount of playing time, unless player is injured or sick
Bleeding	Player must leave the field of play until bleeding has stopped or is contained in a way that reasonably eliminates possibility of blood exposure to other players
Jewelry	No jewelry allowed Medic Alert bracelets excepted
Spectators	Must sit/stand on the opposite side of the field from players. Cannot sit/stand behind goal lines. Must not coach players from the sideline. Are encouraged to give positive feedback to all players.
Mercy Rule	Players on a team with a <b>4 goal lead</b> must be encouraged to utilize their non-dominant foot and make a specified number (as determined by the coach) of passes, moves, and/or touches on the ball before going to goal.
League Standings	None. No scores are reported.