

## 7v7 Rules of Play (Recreational) -U9/10 ages

### General Philosophy

- To provide the most advanced training for both the players and volunteer coaches while maintaining a fun and positive environment for all.
- To provide players, coaches and spectators an opportunity to learn the game of soccer while instilling sportsmanship in all.

### 7v7 Game Set-up and Game Length

- Home team wears colored jerseys and the visiting team wears white.
- 7v7 game (7 for each team on the field, this includes a keeper).
- Game is divided into two halves. Each half is 25 minutes in length. If temperatures warrant and the ref and both coaches agree prior to the start of the game a water break can be added but the time continues to run.
- 5-minute half time break.
- After half time, the teams switch sides of the field so that they are attacking the opposite goal.
- Each coach should have game cards for the game. These can be printed off the GotSport website
- **Ball Size:** Size 4

### Referee

- The rules are posted on the gcysoccer.org website and coaches should review and understand the rules.
- The referees we get at this level are normally new or have only been doing games for a limited time no matter their age. It is hard to find referees and we want to foster young and new referees to be part of the game.
- Referees are going to make mistakes as the players and even coaches do. Please keep this in mind. These games are not world cup games. **They are recreational!**
- A registered referee may be Grade 9 or above. The Referee association will attempt to assign referees for all matches, however if a registered referee is not available then a volunteer must be selected by the teams to call the match. All infringements should be briefly explained to the offending player. Assistant referee is not required but may be used if desired.
- An ejected player is ineligible for their next scheduled game. An ejected coach is ineligible for the next scheduled game, regardless of team. A second ejection to the same individual results in that person being possibly expelled from the league. Any ejected player, coach, or spectator must leave the facility immediately. Violation could result in further game suspensions. The coach is responsible for the actions of verbal

and physical abuse of referees by his/her spectators. Such abuse will not be tolerated. Violations may result in termination of the game and further sanctions by the Board. Any coach who removes his/her team from the field during a game will cause the match to be abandoned by the referee and further sanctions may be added by the Board for that team. If a player refuses to give his or her correct name when requested by a referee, onsite or club rep the referee crew can terminate the game and additional penalties could be imposed by the Board or club reps

### **Players' Equipment**

- Size 4 ball for every player. They should bring a ball and water to every practice and game.
- Footwear should be soft-cleated or soft-soled athletic shoes.
- **SHIN GUARDS ARE MANDATORY.**
- NO JEWELRY ... this includes hard hair clips, earrings, necklaces, rings, bracelets, etc.
- Each team will have the same color uniform
- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

### **Player Positioning and Game Tactics**

- 6 players plus 1 keeper on the field at a time per team.
- **Exception ... if one team is dominating another, then coaches should try to even out the game by adding an extra player to the weaker team (8v7) with concurrence from the other coach and ref. Note: Only field players can be added, only 1 keeper can be on the field at one time for anyone team.**
- Player pass is allowed. This is the borrowing of players of like ability from another team within the league. We want the kids to play their games. If there is a team which will be missing players for a game, the team can use other players from any team in the league as long as the borrowed player does not miss playing their game for their assigned team and they are of like ability.
- Coaches are encouraged to limit the number of goals one child or a team (in case of blow outs) scores to a reasonable number. If he/she is dominating play and the rest of the kids aren't involved, encourage that child to pass, dribble or control the ball while waiting for support. Be creative.
- If a team is dominating play, they will not run the score up. All efforts should be made to keep the score in balance. (Example, if a team is winning by 5 goals at halftime the second half objective should be to help the kids develop by passing and working the ball out of the back and limiting the goals scored in the 2nd half to only a couple).
- If one team has extra players and one team is short players, coaches are encouraged to make arrangements to maximize playing time for all players. Share players if needed.

- Coaches should explain and encourage good defense, but not camp players in the goal area.
- Formations on the field are up to the coaches. (Examples: Play with 3 defenders, 1 mid and 2 forwards or play with 2 defenders 3 mids and 1 forward or 2 defenders 2 mids and 2 forwards).
- Minimum number of players to start each match is five (5)

### **Coaches**

- Each team is limited to a maximum of two adults on the coaching sideline
- Coaches are limited to their half of the sideline, from the centerline to the top of the goal box, unless arrangements have been made with the opposing coaches to enter the opposing sideline area.

### **Spectators**

- Spectators are limited to their half of the sideline on the opposite side of the field from their team. If possible, they should remain 5 yards from the end line and at least 3 to 5 yards off the sidelines  
There are no Spectators allowed behind the goals
- Coaches are responsible for their parents and should report spectator problems to the field coordinator or email the Club D&P.

### **Kick-off**

- A goal CANNOT be scored directly from a kickoff.
- The ball must travel in any direction for the first touch and be touched by a second player before the first player can touch the ball again.
- Teams must remain on their half of the field for kick offs and cannot enter into the circle until the ball has been touched

### **Goal Kicks**

- Conform to FIFA.

### **Corner Kicks**

- Opposing players must be at least 8 yards away on a corner kick.
- Ball must be inside the corner area

### **Throw ins**

- Conform to FIFA.
- Opposing players must stand at least 3 yards away on a throw-in.

### **Substitutions**

- At any stoppage of play and unlimited. However, it is up to referee discretion if it's being done to slow down the game.

### **Playing time**

- Each player shall play a minimum of 50% of the total playing time.
- Best effort should be made to equalize playing time. Players in the goalkeeper position should only play half the game in goal. It is recommended using a minimum of three (3) different goalkeepers in each game.

- Exception for the End of Season tournament: Teams may use a minimum of one (1) goalkeeper for tournament games.

#### **Offside**

- The FIFA Offside Rule shall Apply
- The offside rule should be reviewed with the referee prior to the start of each game as needed.

#### **Fouls and Misconduct**

- Conform to FIFA.

#### **Free Kicks**

- Conform to FIFA except opponents must be at least eight (8) yards from the ball until it is in play.

#### **Penalty Kick**

- Conform to FIFA with the exception that the penalty mark is made eight (8) yards from the goal line and lined up with the center of the goal

#### **Keepers**

- The ball can be rolled, thrown, dribbled and/or put on the ground and kicked but once the ball is placed on the ground it is live and cannot be picked back up again by the keeper
- If the keeper collects (possess) the ball during play and holds the ball, the other team must back up at least 8 yards (final distance is determined by the ref)
- If the keeper plays quickly and does not hold the ball, it is a live ball once it comes out of the keeper's hand no matter if they are rolling it to a teammate or not. Again, this is determined by the referee.