

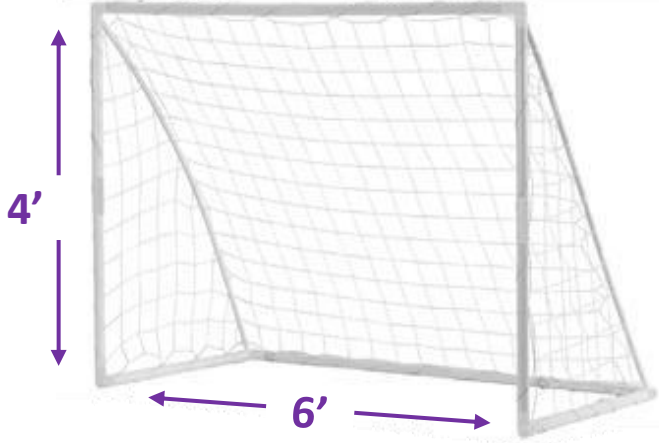
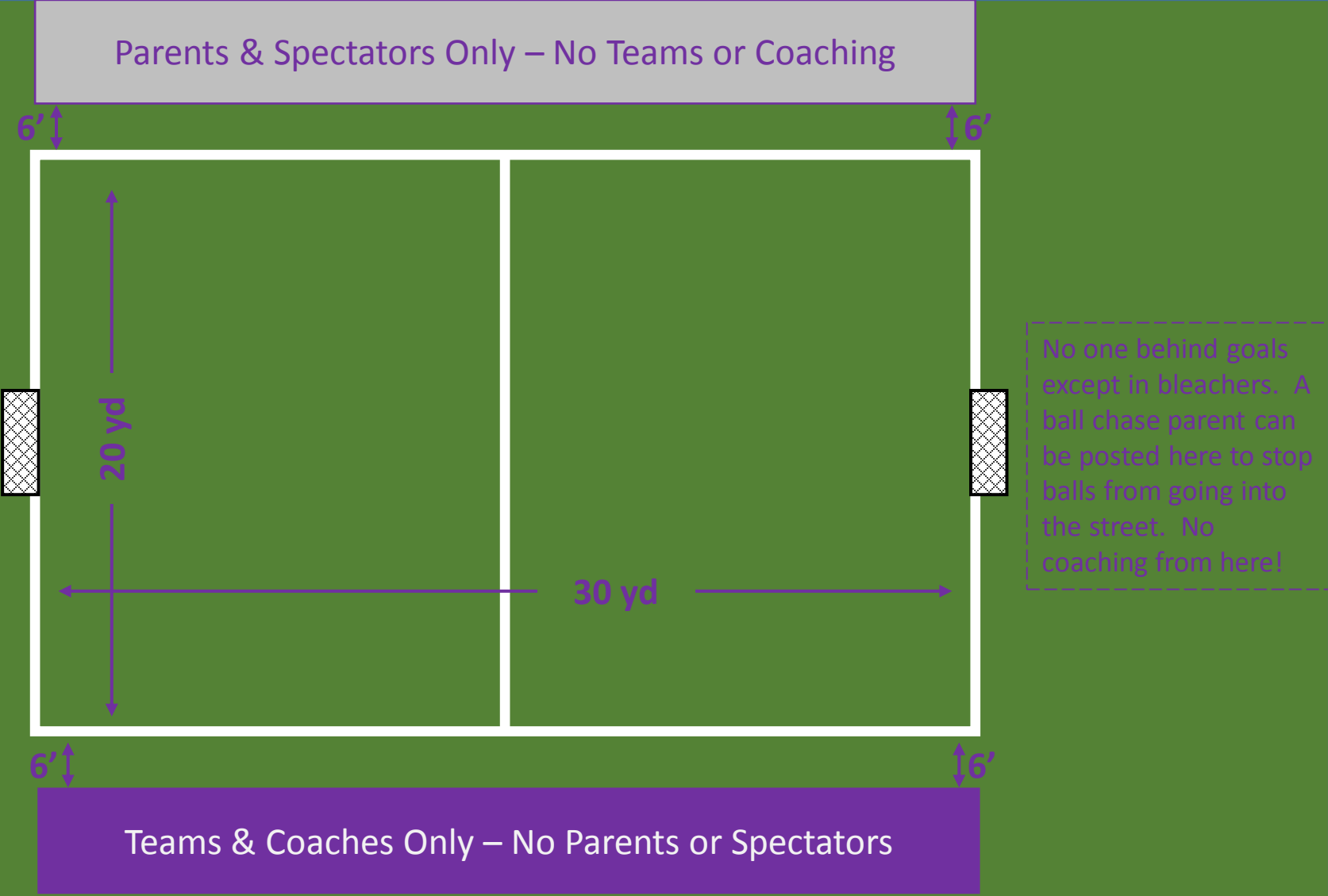


Rec 7U

Modified Laws of the Game

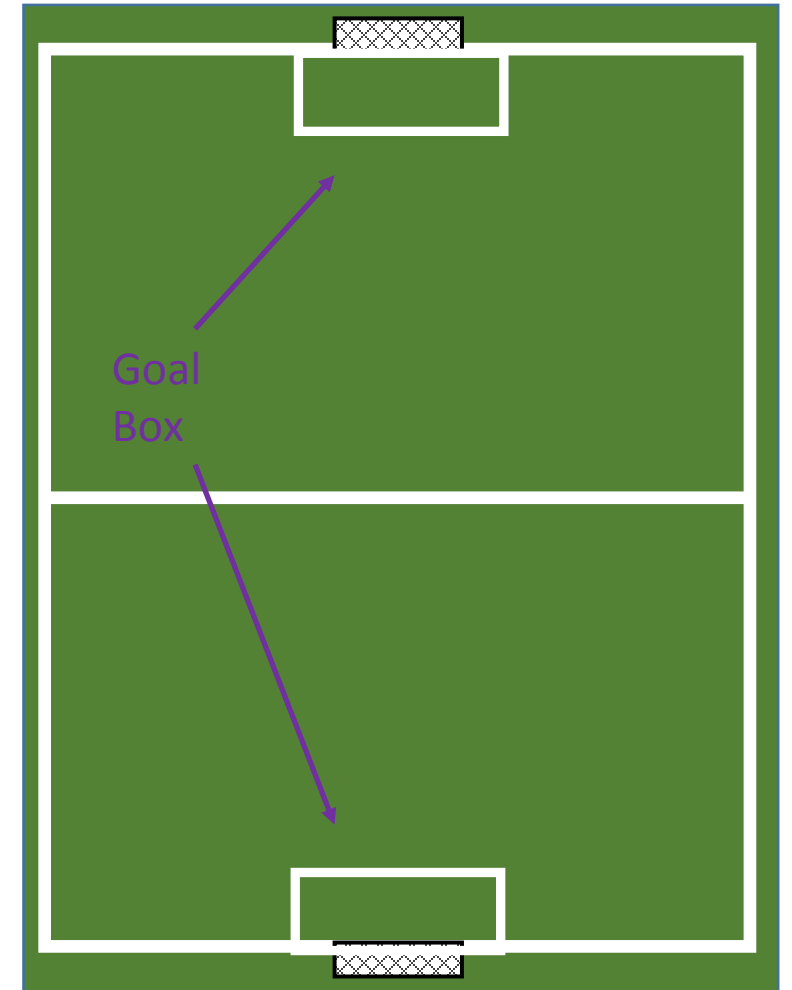
Fall 2020

Law 1 – The Field



The Goal Box

- It's only there as a ground reference for players that they are near the goal.
- Encourage them to shoot from outside of the box.



Law 2 – The Ball



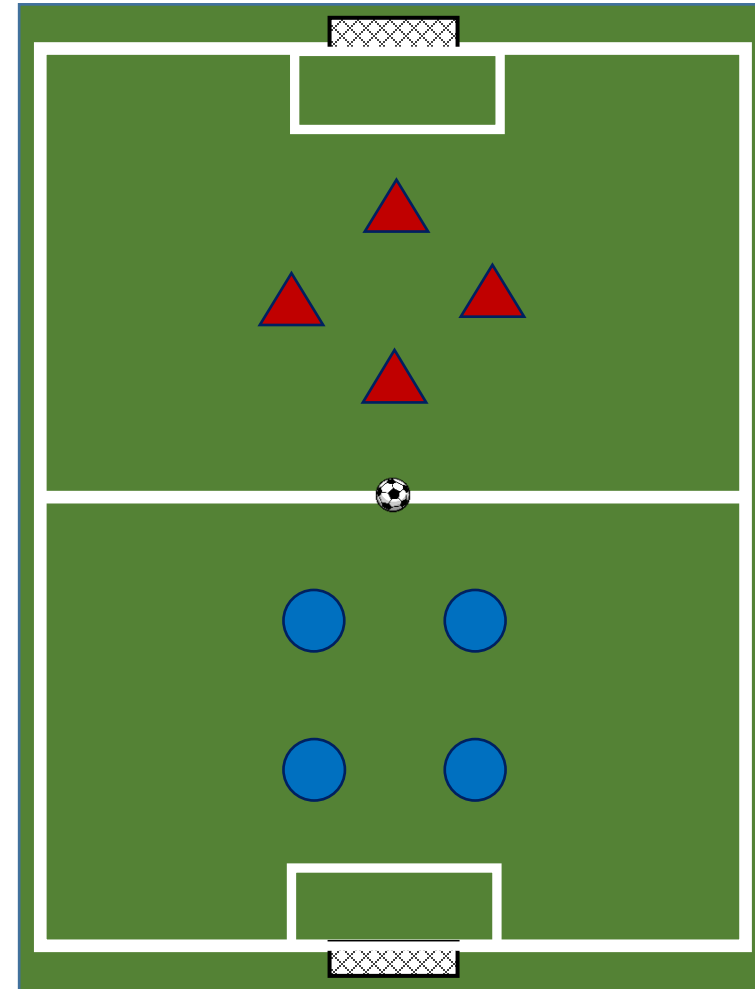
- Size 3
- Properly inflated (8.5lbs)
- Home Team Supplies




Law 3 – The Players



- 4v4 (4 versus 4)
- Max # on Field: 4
- Min # to Start Game: 3
- No Goal Keeper
 - Encourage all players to attack.
- Substitutions
 - Only when the referee allows (stoppages in play – Ref's discretion)
 - Notify ref you want to sub
 - Subbing player must be standing outside the touch line at the half line.



 Player ready to sub in

Law 4 – The Players Equipment



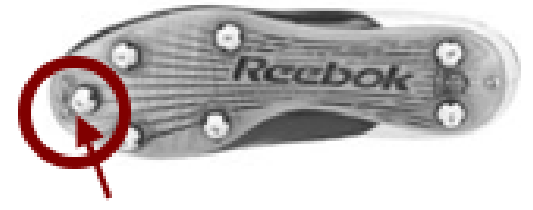
- Home Team – Green Jersey
- Away Team – Grey Jersey
- Shin Guards (fully covered by socks)
- Soccer Cleats Recommended (not mandatory)
 - No Metal Cleats
 - No Football or Baseball Cleats
- No Jewelry
 - Including earrings

Soccer cleat



No spike in center of toe

Football cleat



Spike in center of toe

Law 5 – The Referee



- The club will try to assign a center referee to 7U games.
 - This will likely be an in-experienced 12-13 year old kid
 - Be patient and don't hound the referee about the game.
- If a referee is not available, team Coaches act as Referees
 - 1st Half – Home Team Coach is Ref
 - 2nd Half – Away Team Coach is Ref
 - If both teams agree, one team coach may act as ref for entire game
- Required Items:
 - A whistle
 - A watch
 - A good sense of humor
- Player Safety #1 Job
 - Field Safety & Player Equipment Checks



Law 7 – The Duration of the Game

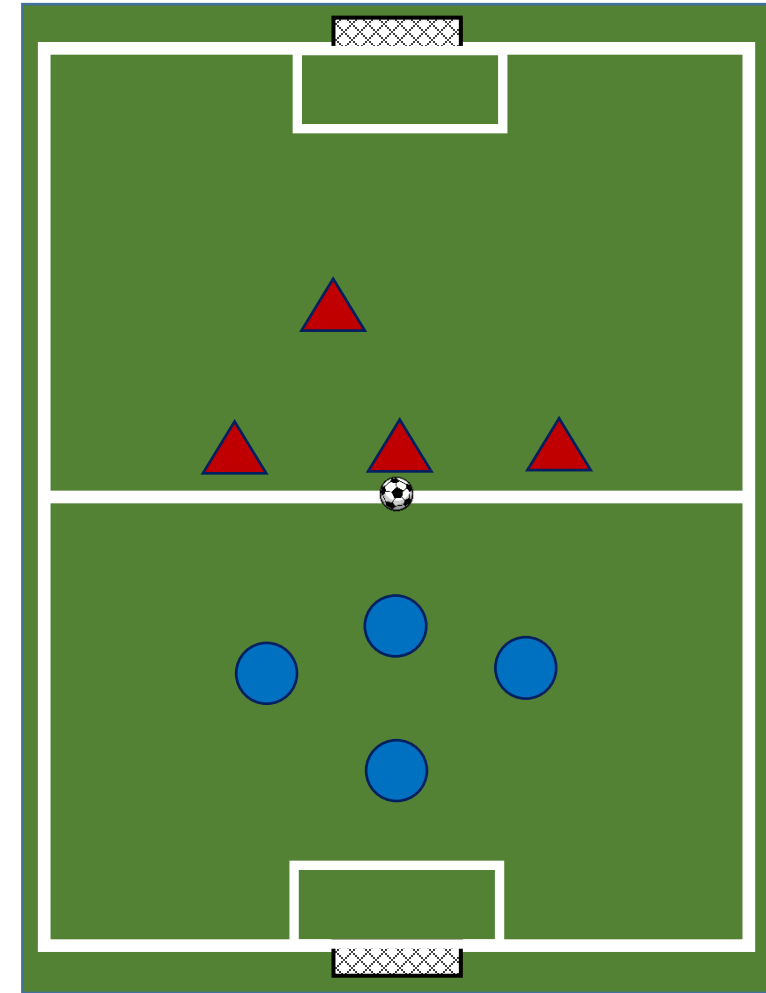


1st Quarter 10:00	Break 3:00	2nd Quarter 10:00	Half Time 5:00	3rd Quarter 10:00	Break 3:00	4th Quarter 10:00
--	---------------	--	-------------------	--	---------------	--

Law 8 – The Start & Restart of Play



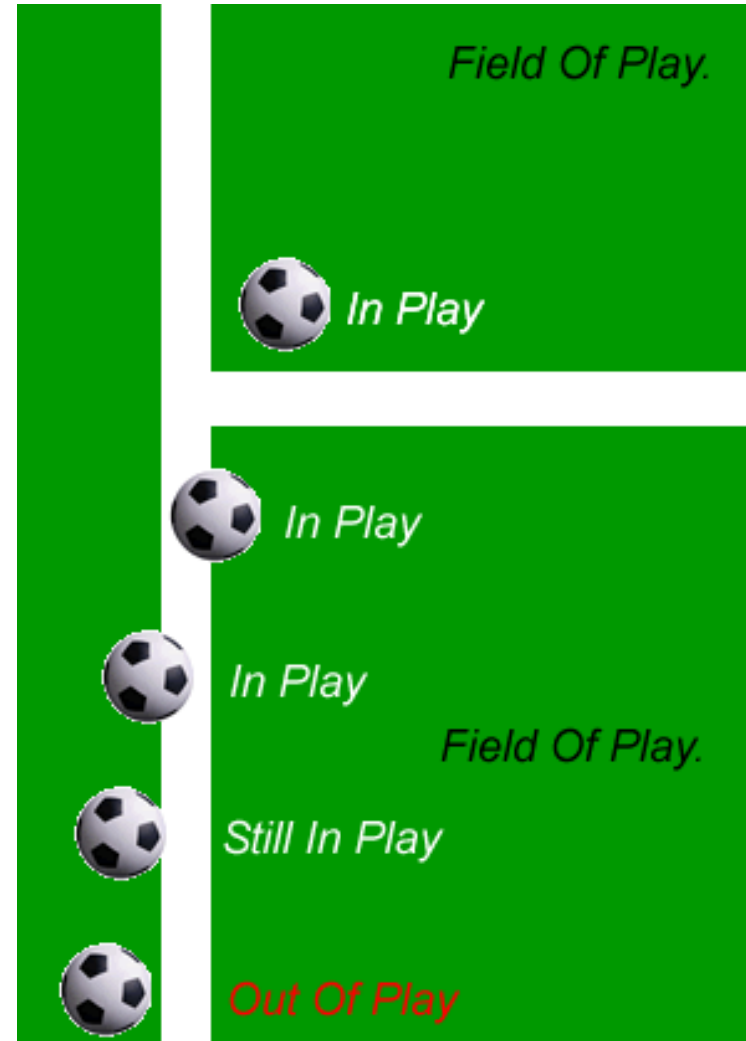
- Kickoff
 - Start the game with a kickoff from the half line (mid-field)
 - Home team takes 1st half kickoff. Away team takes 2nd half kickoff.
 - Attacking team may line up on (or behind) the half line.
 - Defending team must be at least 5 yds behind half line.
 - Ref sounds whistle to start play.
 - Ball can be played in any direction from kickoff.
 - Kickoffs are 1-touch only.
 - The player taking kickoff can not touch the ball a 2nd time until another play has touched the ball.
 - Can't score a goal directly from a kickoff.
 - If the ball goes into the goal, it becomes a goal kick for the opposing team.
 - After a goal is scored, use a kickoff to restart play.
 - The team that surrendered the goal takes the kickoff.



Law 9 – Ball In and Out of Play



- Ball is out of play when:
 - It has entirely crossed the goal line or touch line
 - on the ground or in the air
 - When the referee stops the game (e.g. for a foul)



Law 11 – ~~Offside~~

- No offside in 7U



Law 12 – Fouls & Misconduct



- Fouls result in a Indirect Free Kick for the opposing team
- Keep the Game Flowing
 - Better to let the game flow than stop it for infractions the player's can't understand.
 - Handballs are probably a good reason to stop play.
 - Be lenient on the 1-Touch rule
- No heading allowed!
 - Foul if a player *deliberately* heads the ball.





US. Soccer's Concussion Initiative

- If a player is suspected to have a head injury, the referee must stop play to allow for treatment/evaluation.
- The player with the suspected head injury may not return to the game until cleared by:
 - a Health Care Professional
 - or a Certified Athletic Trainer
- The referee can end the game if any coach or parent insists on returning the player without approved clearance.

Law 13 – Free Kicks



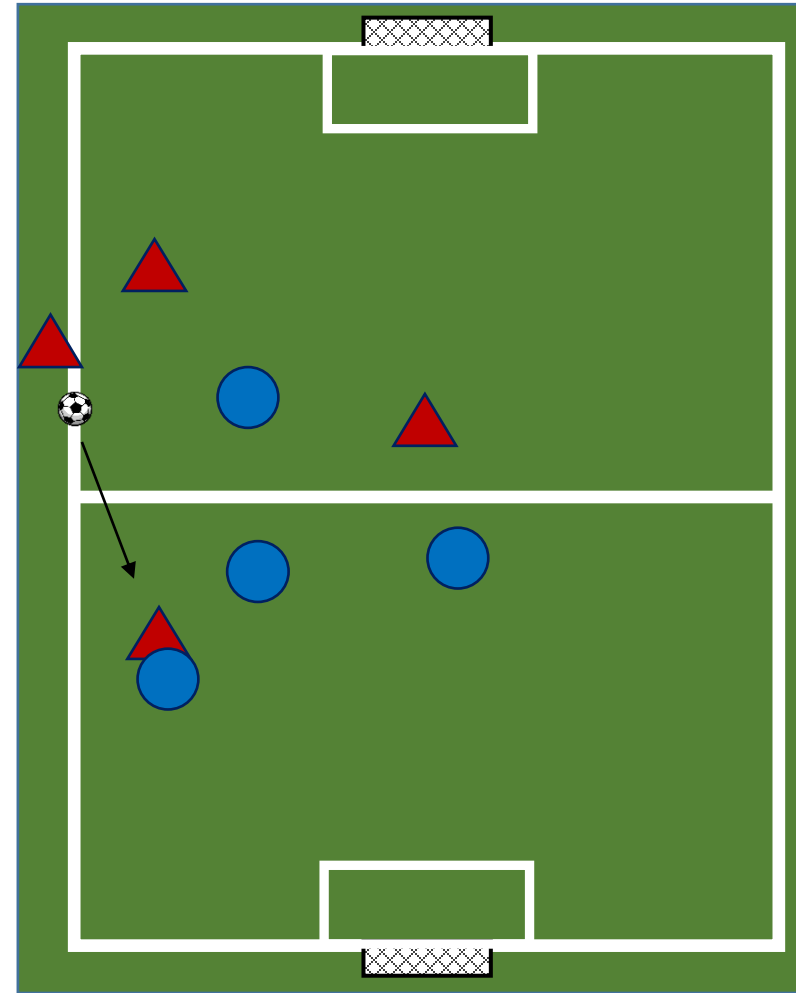
- All fouls result in an Indirect Free Kick (IFK)
- Defenders must be at least 3 yards from the ball.
- Can not score a goal directly from an IFK
 - 2nd player must touch the ball before scoring.
- 1-touch rule – like the Kickoff



Law 15 – ~~Throw-In~~ Kick-In



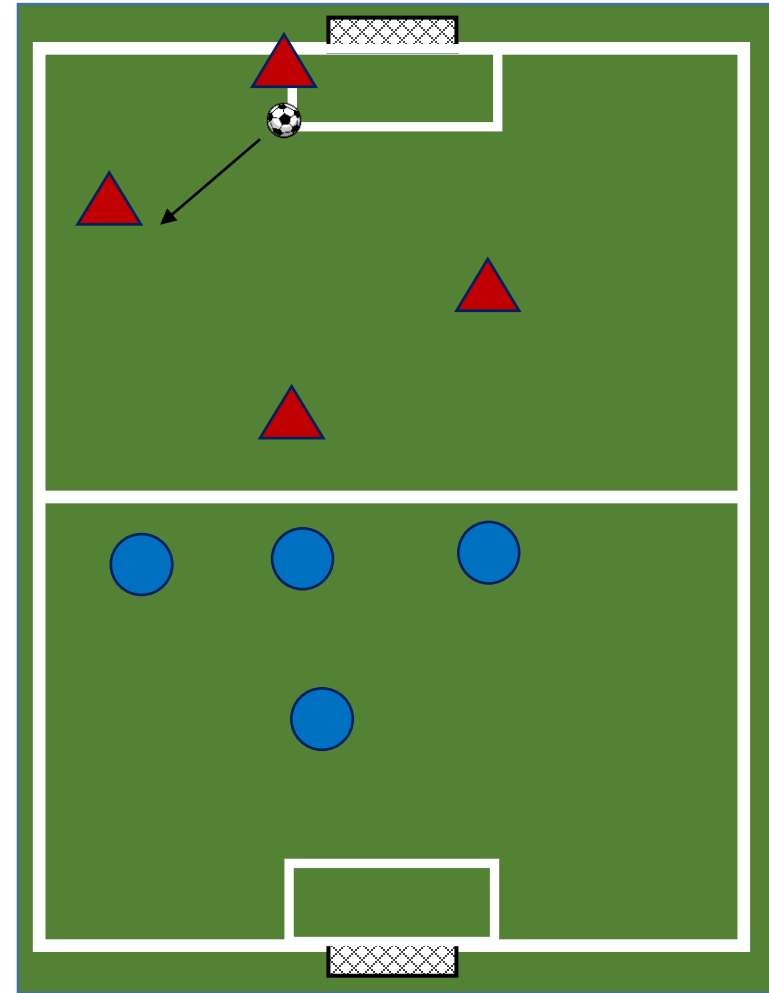
- If ball goes out of play over the touch line (side line), restart is with a kick-in
 - No throw-ins for 7U
 - Ball is placed on the line at the spot where it went out
 - Opposing players must stand at least 3 yds from ball
 - Can't score a goal directly from a kick-in
 - Ball in the net results in a goal kick for the opposing team.
 - 1-touch rule like the Kickoff



Law 16 – The Goal Kick



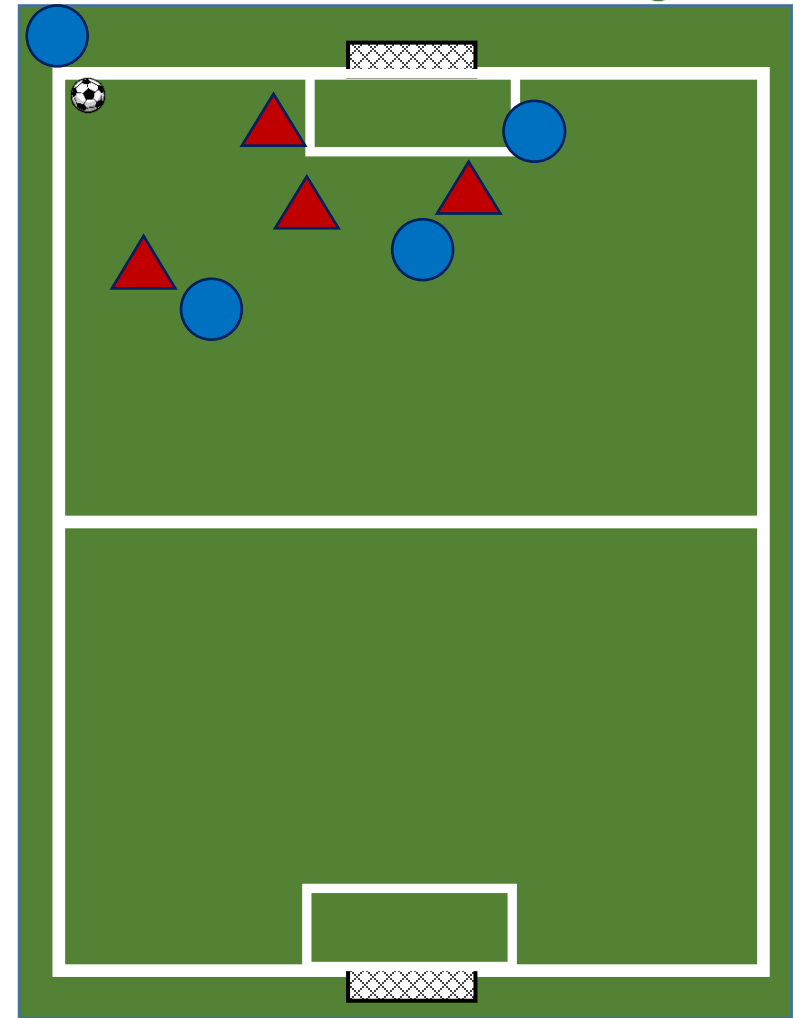
- Goal Kick awarded if:
 - Ball goes out of play over the goal line
 - and was last touched by the *attacking* team
- Goal Kick taken from the goal box line.
 - 1-touch rule like the Kickoff
- Opposing players:
 - must move behind the half-way line
 - cannot cross the half-way line until ball is in play.



Law 17 – The Corner Kick



- Corner Kick awarded if:
 - Ball goes out of play over the goal line
 - and was last touched by the *defending* team
- Kick taken from the corner of the field nearest where ball crossed the goal line.
 - 1-touch rule like the Kickoff
- Opposing players:
 - must be 3 yards from the ball



Ending the Game

- Coach/Ref sounds the whistle 3x
- Teams line up and shake hands

