

U7 Soccer Rules

This is an instructional league. Coaches will be encouraged to show players how to perform throw-ins, corner kicks and goal kicks and when appropriate, instruct the players.

One coach per team is allowed on the field. Assistant coaches are on the sideline with the rest of the team and must be on the opposite side of the field from the parents.

Assistant coaches will remain on their half of the midfield line and not walk up and down the length of the field. Coaches and parents are not to stand behind the goals and be on the opposite side of field as the coaches.

Field Dimensions: 150 x 105 (varies)

Goal Size: 12 x 6 (varies)

#4 ball

- (8 v 8) or (7 v 7) including a goalie. If pop-up goals, may play without goalie's. Rotate goalies
- each quarter.
- If a team is short of players, they can play short or borrow players from other team if they have extras.
- 4 x 10 minute quarters. Subs at 5 minute mark if teams want to. Time kept by parent/Coach on team sideline. Home team supplies time keeper. 2 minutes rest between quarters. 4 minutes at halftime. Running clock at all times except for injuries.
- No off sides
- Throw ins - but they don't have to be perfect. Teach them how to do it and give them two chances.
- All kicks are indirect
- Corner kicks are taken from the short corner
- Free substitutions by both sides on throw-ins, goal kicks and after goals.
- No jewelry or earrings of any kind.
- No headers. Will result in a free indirect kick.
- Coaches will call hand balls if they are blatant. Will result in an indirect kick.
- Pushing or tripping will be called at the discretion of the coaches. Result is an indirect kick.
- Score and standings will not be kept.
- Shin guards required/Cleats recommended.

Conduct

- The use of foul or abusive language or gestures by players, coaches or spectators directed toward the coach, player or spectator is an ejection, a red card offense. Offenders could be indefinitely suspended.
- No harassment, or vocally expressed disagreement with the coach's decision shall be penalized with a caution, yellow card, or ejection, red card, with a one (next) game suspension.