

7U 5v5 Rules of Play

- 1 Play 5v5. If not enough players play 4v4 or 3v3.
- 2 Play four (4) – ten (10) minute quarters.
- 3 Home Team, White Away Team, Blue
- 4 One coach allowed on the field.
- 5 No goal keepers.
- 6 Kick offs may be taken in any direction from midfield.
- 7 No offsides.
- 8 No heading.
- 9 Throw-Ins. No bad throw-ins.
Instruct the player on procedure, have the same player take the throw-in again and play.
- 10 Substitutions may occur at any stoppage.
- 11 Goal kicks taken from within or on the goal arch.
- 12 Corner kicks taken from the corner.
- 13 Goals can be scored from anywhere on the offensive side of the field.
- 14 Players may not touch the ball within the goal arch. Players can run through the goal arch. If a defender touches the ball in the goal arch, a goal is awarded. If an offensive player touches the ball in the goal arch, goal kick is awarded. If the ball comes to a stop in the goal arc, regardless of which team touched it last, a goal kick is awarded.
- 15 All free kicks, including kick offs, goal kicks, corner kicks, are direct.
- 16 During restarts, defending players must stand back five yards away from the ball.
- 17 Penalty kicks, not at this age. Call the penalty and make it a free kick restart.