



7U YEAR OLD SOCCER RULES

Ball Size: Size Four (4)

Field Size: Approximately 35 yards x 60 yards

Goal Size: 6.5' Height x 9' Wide

Number of Players:

- The maximum number of players on the field per team at any one time is eight (8).
- The game is played 8 vs 8 including a goalkeeper.
- The maximum number of players on roster should not exceed sixteen (16).
- Substitutions are unlimited and allowed during any dead-ball situation and for injuries.
- Playing Time: Each player shall play a minimum of 50% of the total playing time.
- All players not playing in the game must be three yards behind the touch lines.
- Coaches and Parents are **NOT** allowed on the playing field to instruct players.
- No Forfeits. Teams may play with lesser players if necessary depending on smallest team size.

Required Equipment:

- An NYS administered or approved jersey must be worn during the game.
- No hats, jewelry, or metal spiked cleats are allowed.
- All players are required to wear shin guards.

The Referee:

- NYS will provide one official for each game.

Duration of the Game:

- Each game will consist of two, twenty-minute halves.
- Halftime will be 4 minutes long.
- Referee's and site coordinators may add extra water breaks at their discretion.

The Start of Play:

- Play should be started with a kick-off at the center mark of the field.
- Encourage the opposing team to stand 3-5 yards from the ball at each re-start.
- The team listed first on the schedule (**100** v 101) will start the game with the ball.
- Teams shall rotate kick-offs at half.

Ball In and Out of Play:

- Players must throw-in the ball after any out of bounds. Coaches and referees will start to teach proper throw in techniques at this age. Illegal throw-ins will be loosely enforced for this age group.
- Any ball crossing the goal line will result in a goal kick for the defending team or a corner kick for the attacking team.

Free Kicks:

The referee, according to the infraction, will award direct and indirect free kicks.

Offside:

The offside rule is not applicable to this age group.

Slide Tackling and Heading are NEVER allowed!

Coaches and Spectator Conduct/Responsibilities

- Family members, parents, and spectators are required to observe the contest from designated areas.
- Participants, coaches, parents, and family members must conduct themselves appropriately during game play.
- Inappropriate, rude, or confrontational behavior by a coach, player or spectator may lead to disqualification from the game and possible suspension. These decisions are made at the sole discretion of the NYS League Officials.