



U7 Coed Soccer Rules

Game Format

- Games are (4) 8 minute quarters with a (5) minute half time. There will be a (1) minute break between each quarter. There is no deviation from these time limits.
- Games will be played using a size 3 soccer ball.
- Each team will play (7 v. 7) with 6 players on the field and 1 in goal.
- Teams are required to play no more than 4 players on 1 half of the field (does not include goalie). For example: a team may play with 2 forwards, 2 fullbacks with 2 midfielders that can cross each side of the field. We do this so that children can begin learning positions and prevent herd soccer.
- All players are required to play 16 minutes over the course of the game.
- Teams must switch sides for the second half of play.
- Score will not be kept.

Role of Coaches

- There are no referees; coaches are to explain to the players what they did wrong and what they should have done during the course of the game when infractions occur.
- Coaches will need whistles for stoppages and watches to keep game time.
- An additional coach can be **behind** the goal box to coach the goalie and defense
- Coaches may explain to the players what they did wrong and what they should have done during the course of the game and when infractions occur.
- Coaches flip a coin for kick-off possession.

Rules of the Game

- Throw-ins require both feet side-by-side with the ball coming directly behind and over the head. The thrower may not play the ball until it is touched by another player.
- There are no penalty kicks. There are only direct kicks. No direct kick may be taken closer than the midfield line. Infractions closer to the goal area than the midline will be moved *backwards* to the mark for the direct kick.
- Corner kicks will be taken from the corner closest to the ball going over the end line. No player may be within 4 yards of the kicker.
- Goal kicks may be taken anywhere in the goal area. No player may be within 4 yards of the boundaries of the goal area during the kick.
- No slide tackling under any circumstances.
- **Midfield Retreat Rule:** Once a goalie maintains possession of the ball, the opposing team must retreat back to the midfield line. This rule applies to any violation on the defensive half of the field, and goal kicks. Once the goalie releases the ball to their defense, or punts the ball, play can continue. If players do not retreat to the midfield line, it will result in a free kick for the other team.

Equipment

- All players must wear their team's uniform for every game. Coaches will inspect their players before each game to insure that shoes are tied and shin-guards are being properly worn beneath the socks and shirts are tucked into the shorts.
- Children must wear shin-guards, mouthpieces are optional.
- Hard casts must be padded and inspected before the player is allowed to play.