

U7B and U7G Division Rules

All games shall follow F.I.F.A. rules with the following exceptions:

- 1) Games will be preceded with a 30-minute warm up, drills and fun activities at 6:00 pm. These are outlined in the **Coaches Guide and Drills (available on our website)**. **Note: No heading drills should be included in the warmup.**
- 2) Teams will have 7 players on the field including a goalie, using a size 4 ball.
- 3) Games will be 25 minutes long (no half time), beginning at approximately 6:30 pm. If you get started late, adjust times so that you end no later than 7:15 pm.
- 4) There is no offside rule in effect.
- 5) Players (excluding the goalie) may not use their hands. The goalie can only use their hands in the semi-circle.
- 6) No goal can be scored from within the semi-circle. Players may go in to the semi-circle to retrieve the ball.
- 7) There are no time-outs. The game may be stopped to tend to injured players.
- 8) Substitutions can be made at any time, as directed by the coach, and in coordination with the opposing coach. (ie. every 5 minutes)
- 9) If a team kicks a ball out on the sideline, the opposing team will be awarded a throw-in.
- 10) If the attacking team kicks a ball out past the end line, the defending team will be awarded a goal kick from the top of the semi-circle. **Opposing players must be in their own half until the ball is touched by a second player.**
- 11) If the defending team kicks a ball out past their end line, the attacking team will be awarded a corner kick from the corner nearest where the ball went out.
- 12) Only one coach can be on the field for each team. The other coach is on the sideline preparing players for when they go on the field.
- 13) The team benches should not be behind the goal area.
- 14) Opposing players must be 5 yards from the ball for any free kick.