



U7 GAME RULES & FORMAT

Please refer to this document for a general overview of the U7 Walnut Creek Soccer Club Recreation Program. This document will include information on all game day procedures, rules and expectations, and fields for U7.

Season Overview

- 1 practice a week and one game on the weekend
- Season games start in early September and ends in early November
- 8 total regular season games are scheduled

U7 Game Day

- Number of players on field 4 v 4
- Minimum number of players per field is 3, maximum is 5 players per team, per field
- **Teams:** Teams will be made up of 8-9 players (at times more depending on rostering needs) on game day to play on one 4 v 4 field.
- One head Coach and one Assistant Coach in the technical area during game play.
- There will be a maximum of five players per field except for in 1-sided games.
- Game Length 4 x 10 minute quarters (3 minute breaks between periods)
- All players must have equal play time
- Substitutions can be made at any time without stoppage
- Size 3 balls used
- No referees will be officiating these games
- 2 portable goals will be used for games and found in knock boxes (The Club will provide a map of field location and knock box location)

- Portable goals will need to be assembled and/or disassembled at the field.
 - HOME team(s) scheduled for first game of day setup field
 - AWAY team(s) scheduled for last game of day clean up field
- HOME team uniform - BLUE jersey
- AWAY team uniform - WHITE jersey

Start and Restart of Play

- The ball is kicked off to start the game and after a goal from the exact center of the field. The ball is in play once it is kicked and moved and may not be touched by the player who kicked off until another player from either team has touched it. This will result in a re-kick.
- Play is considered dead when the ball **completely** crosses the goal line or touchline (sideline). If any part of the ball is on the field or touching the line, the ball is still in play.
- Whenever a ball leaves the field of play, the coach running that quarter will say "New Ball!" and roll another ball into play.
- There will be no throw-in, free kicks, goal kicks or corner kicks. The coaches will have 5-7 balls ready to re-start the play. Before the game they will determine which two-quarter's each coach will introduce the New Ball. The ball is rolled into play, not bounced or thrown into play.
- Putting a ball back into play - The 'new ball' should be introduced to balance the game in any one of four ways:
 - a. Ball is rolled to neutral space
 - b. Ball is rolled toward the disadvantaged team
 - c. Ball is rolled to favor the team on the wrong end of a one sided game
 - d. Ball is rolled to favor individual players who are not becoming involved in the game
- See the website for more information including a helpful video regarding the [New Ball method](#).
- When a goal is scored, the team scores upon re-starts the game with a kick-off from the center of the field. If the Game Monitor halts play due to injury or other event not covered in these rules, the game is restarted with a drop ball.

Officiating

- There are no referees
- Two coaches will be in charge of making calls on the field, that includes: fouls, ball rolling out of bounds, injury stoppage, and tracking time throughout the game
- No offsides

Fouls

- Fouls include: tripping, handball (player's arm is stuck with the ball in a deliberate attempt to control the ball, abusive play or dissent (striking, kicking, and pushing opponent)
- When a foul occurs, the ball is played in (new ball method) to the team who were on the receiving end of the offense
- Slide tackles are NOT allowed

U7 Fields

- Bancroft Elementary – 2200 Parish Dr., WC 94598

Game Day Club Support

In the event of any major issues such as field safety, equipment, sideline behavior issues, please contact:

Kenneth Henry
925-451-8698
recreation@wcsc.org