

Sporting Columbia Recreational Rules 5v5 U7 Coed & U7 Girls

Players on the Field	4 plus a goalkeeper
Roster Maximum	10
Duration of Match	4 quarters of 6 minute play / 1 minute between quarters & 4 minute halftime
Ball Size	3
Throw-ins	Unlimited throw-ins to get it right.
Corner kicks	Corner kicks taken within 1 yard spot of corner.
Goal kicks	Goal kicks taken at the nearest 3 yard spot from goal line into the field of play.
Offside	Not called.
Restart	Indirect free kick for opposing team.
Substitutions	Allowed during any stoppage of play (ball out of bounds, foul, kick-off), time keeps running.
Playing time	Every player shall play a minimum of 50% of the total playing time.
Referee	No official. The two coaches act as referee and shall call the game fairly and correctly.
Slide tackling	No slide tackling. Players are permitted to slide to play a ball provided they are NOT in proximity to any other player.
Field	35x25
Coaches on the field	Coaches may be on the playing field to assist in giving directions to players.
Fouls	Pushing, pulling, kicking opponent, handing the ball, and dangerous play (ex: high kick with opponent nearby). All fouls result in an indirect free kick for the opposing team. A goal can be scored from an indirect free kick if the ball is touched by another player (teammate or opponent) after the kicker before it enters the goal. A defensive foul inside the penalty area will result in an indirect free kick for the attacking team at the nearest spot outside of the box (no penalty kicks).
Practice	Two 30 minute sessions may be held prior to the first game of each season. After games begin practice will be held for the first 25 minutes of scheduled game time.
Heading the ball	NO HEADERS ALLOWED

**Recreational Program/Game Day Contact:
Sarah Schneider, Assistant Director
rec@sportingcolumbia.net 573-673-1509**

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