

Teaneck Junior Soccer League

U07 Recreational Soccer Rules of Play

08/2021

- 1) U07 Rules of Play
 - a) Field
 - i) Two goals (6 ft. Wide by 4 ft. High) each equipped with a net.
 - ii) A centerline dividing the field.
 - iii) A goal area line 10 feet from each end line and across the width of the field.
 - b) Ball
 - i) Size 3
 - c) Players
 - i) Four players on the field per team; no goalies.
 - ii) Unless approved ahead of time by a league official or an injury/illness occurs at the game, every player must play a minimum of half of the game.
 - d) Length of Games
 - i) All games will be played in four eight-minute quarters with a three-minute break between each quarter. The clock runs continuously.
 - ii) Game begins no later than 10 minutes after scheduled start.
 - e) Restarts
 - i) Kick-offs are used to start a quarter or to restart play after a goal. The visiting team is awarded a kick off to start a game and to start the third quarter. The home team begins the second and fourth quarter with a kick off.
 - ii) Kick-ins are used to restart play after a ball has crossed a touchline.
 - iii) Goal kicks are used by the defending team to restart play after a ball kicked by the attacking team has crossed the end line without going into the goal. Opposing team may not enter the goal area or play the ball until the ball leaves the goal area.
 - iv) Corner kicks are used by the attacking team to restart after a ball kicked by the defending team has crossed the end line without going into the goal.
 - v) Goal kicks and corner kicks are taken in the general vicinity of the goal or corner.
 - vi) Fouls, hand balls and all other restarts are an indirect free kick.
 - vii) No penalty kicks.
 - viii) Opponents must be 10 feet away from the ball on all restarts.
 - f) No offside rule.
 - g) Substitutions can be done at any time during the game. No stoppage of play is required. Any number of players can be replaced.
 - h) Game scores will not be maintained or recorded.

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2) Player Equipment

- a) Players must wear their team shirt or shirt of similar color, shorts, socks, soccer cleats or sneakers and shin guards. Shoelaces must be tied at all times. The shin guards must be fully covered by a sock.
- b) The team shirt must be worn as the top layer of clothing and tucked inside the shorts.
- c) Long pants (not jeans) may be worn under shorts for warmth. Long pants must have an elastic bottom cuff or must be tucked into the sock.
- d) Instead of shorts, skirts may be worn but for safety reasons, not below the knee.
- e) Except for 100% covered medical alert-type bracelets, no jewelry/metal of any kind may be worn. (examples of what cannot be worn includes but is not limited to: metal hair clips, watches, rings, metal clips to affix yarmulkes, pierced earrings, bracelets etc)
- f) Glasses must be held in place with a band that crosses the back of the head. If glasses are not held in place, they cannot be worn.
- g) No baseball caps are allowed.
- h) All equipment adjustments are the responsibility of the player and the coach.

3) Coaches

- a) Coaches must be readily identifiable by wearing the appropriate coach's shirt. In lieu of a coach's shirt, the coach must announce themselves to the referees and show the referee their league volunteer ID card or digital image of the volunteer ID card before the game begins or as soon as they arrive on the field. A coach cannot be on the sidelines without a coach's shirt or league volunteer ID unless a Board member confirms that the coach is certified to the referee. This issue is to be documented in the referee's game report.
- b) The coach is responsible for the conduct of the team, coaches and spectators. Whether before, during or after a game, any disrespect toward a referee will be directed to the TJSL Advisory Board.