

PLAY WITH
PURPOSE™



7v7 Soccer Rules

Recommended for 3rd Grade and Up

MAX. # OF PLAYERS	14
FIELD OF PLAY	
LENGTH	47 yards
WIDTH	30 yards
GOAL SIZE	Max size is 6'x18'
GOALKEEPERS	Yes
BALL SIZE	Size 4
SUBSTITUTION SITUATIONS	At clock stoppage times every seven (7) minutes.
PLAYER EQUIPMENT	Shin Guards Required
NUMBER OF REFEREES	Two (2) referees
MATCH LENGTH	Matches consist of two (2) twenty-one (21) min halves with each half being divided into three (3) seven (7) min periods. There should be an eight (8) min halftime interval. There will be no extended time.
START/RESTART OF PLAY	A restart kickoff is taken from the center circle at the start of each half and after a goal is scored. The initial touch (pass) must go forward, toward the defending goal. The ball must touch another teammate or opponent before the initial player kicker touches the ball again. If the pass/touch kick does not go forward or if the ball is touched a second time by the initial kicker before another player touches the ball, the kickoff should be retaken. A goal may not be scored from the kickoff, because all goals must be scored from the offensive side of the field. The opposing team must stay outside of the center circle. Both teams must be on their own half of the field and outside of the center circle until the first touch on the ball is made, after which they may attempt to win the ball.
BALL IN/OUT OF PLAY	The entire ball must go out of bounds to be out of play. If part of the ball is still touching the line, play continues uninterrupted.
SCORING	Score is kept in every game and recorded to reflect "points for" and "points against" for tournament seeding.
SCORING REQUIREMENT	A goal may only be scored from a player's offensive end of the field. This prohibits a player from scoring a goal from the center circle on a kickoff or from a goal kick and encourages them to pass the ball and work as a team rather than attempting to kick the ball the length of the field.
TOURNAMENT PLAY	End of season tournaments are highly encouraged. Teams should play a minimum of two (2) games in the tournament.
SHOOTING ARC	No Shooting Arc Exists
POSSESSION OF THE BALL	The team in possession of the ball at the end of the first, second, fourth and fifth period retains possession of the ball. The team with possession of the ball will start the next period with a throw-in at the closest point on the sideline when play was stopped. The team that did not start the game with the kickoff will begin the second half of the game with a kickoff.





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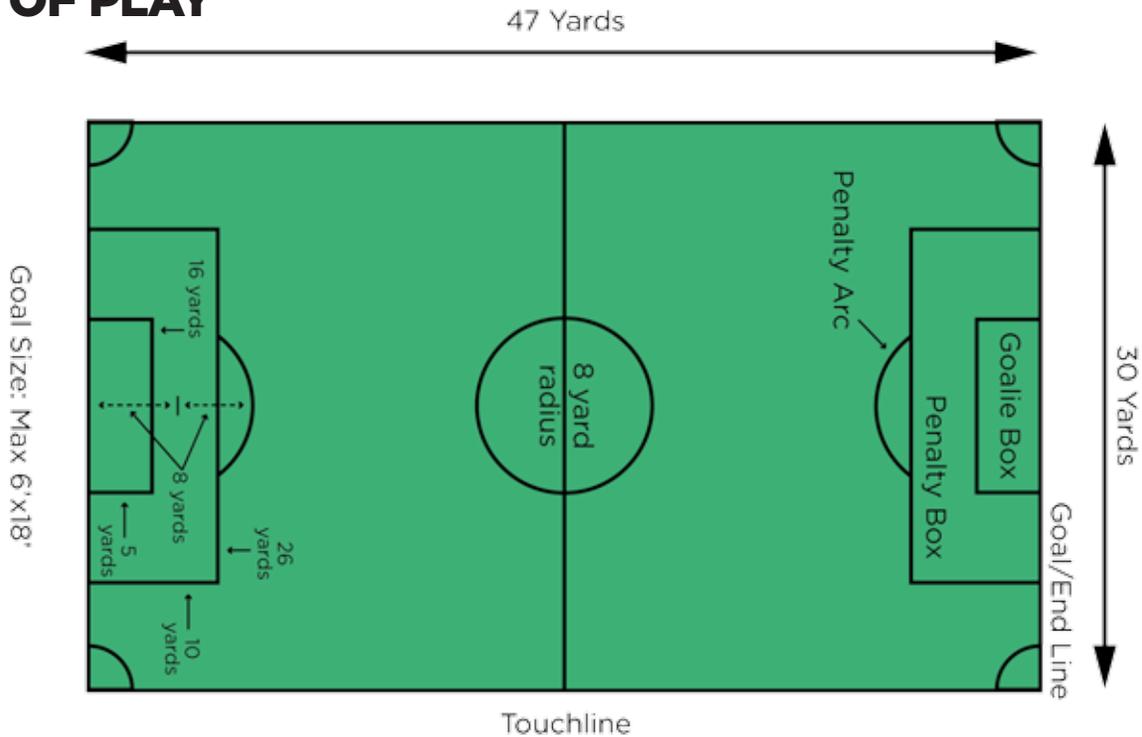
SLIDE TACKLING	Slide tackling will NOT be allowed in Upward Soccer due to the safety risks involved.
HEADERS	Headers will NOT be allowed. Although this technique is used in advanced levels of soccer, it can pose as a safety risk and is therefore not allowed.
OFFSIDE	Offside is NOT called.
FOULS/ MISCONDUCT	Fouls shall result in either a direct or indirect free kick. The referee must explain ALL infringements to the offending player. No cards shown for misconduct. Players who commit two (2) fouls resulting in direct kicks (excluding handballs) in the same segment must sit out the remainder of that segment. Those players can return during their next scheduled substitution.
INDIRECT/DIRECT FREE KICKS	Opponents of team taking the free kick must be at least eight (8) yards from the ball until put into play.
PENALTY KICKS	The penalty mark is made seven (7) yards from the midpoint between goalposts and all players should be positioned behind the player taking the penalty kick. If the kick does not result in a goal and the ball is still in play, then play continues live.
THROW-INS	Opponents five (5) yards from ball until put into play.
GOAL KICKS	Conform to FIFA. It is recommended that opponents remain in their own half until ball is in play. The team taking the goal kick does not have to wait for the opposition to retreat and can restart beforehand if they choose. The ball is in play when it is kicked out of the penalty area.
CORNER KICKS	Opponents of team taking the corner kick must be at least seven (7) yards from the ball until put into play.
BALL KICKED IN WRONG GOAL	A goal is not scored if a player kicks or throws the ball into his or her own goal. A corner kick is awarded for the opposing team. This removes the possibility of a player scoring for the other team and prevents further embarrassing a player for making this mistake.
GOAL SWITCH AT HALFTIME	Yes



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FIELD OF PLAY



COMMONLY USED TERMS

Direct Kick: If a player commits any of the following in a manner that the referee considers to be reckless or using excessive force: Kicking, tripping, pushing, tackling, or holding an opponent or deliberately handling the ball to prevent a goal being scored. Ball is placed at location of offense. Goal can be scored directly.

Indirect Kick: If a player commits any of the following: offside, touches the ball more than once on a restart, keeper uses hands when receiving a ball from own teammate, stalling with the ball, and other "minor offenses". Ball is placed at location of offense and goal can not be scored directly (has to touch somebody else).

Throw In: When the ball completely passes over the sidelines, the last team to touch it loses possession and the opposing team takes a throw-in. The player throwing the ball back into play must stay behind the sideline and throw the ball over their head with both hands and keep both feet on the ground.

Drop Ball: Occurs between two players, one from each team, to restart the game anytime an official has to stop play for a non-penalty situation. The ball is dropped at the spot where it was last in play unless this happens in the goal arc, in which case it is dropped at the nearest point five yards outside the goal arc. The ball may only be kicked after it has touched the ground. A goal may be scored directly from a drop-ball.

Penalty Kicks: If a player commits any of the following in a manner that the referee considers to be reckless or using excessive force AND in the penalty area: Kicking, tripping, pushing, tackling, or holding an opponent or deliberately handles the ball to prevent a goal being scored.

Goal Kick: (4v4 only): Goal kicks occur when the attacking team plays the ball over the goal line, in the shooting arc, or if the ball comes to a stop within the shooting arc.

Corner Kick: When the ball passes over the goal line by the defending team, the ball should be placed inside the corner arc on the side it went out of bounds.