



## EWZSA U7 OUTDOOR RULES & REGULATIONS

### LAW I – THE FIELD:

#### A. DIMENSIONS:

The field of play should be rectangular. 120 ft x 90 ft. The field should be close to these dimensions; however field space may dictate smaller or larger fields. Try to be as close as possible.

#### B. MARKINGS:

1. Distinctive lines are necessary, sidelines and end-lines.
2. A halfway line can be marked out across the field or otherwise indicated.
3. Other marks are possible but not necessary for the enjoyment and development of the youngsters.
  - a. A center circle with a five yard radius
  - b. Four corner arcs with a two-foot radius
  - c. A goal area.

#### C. GOALS:

- a. Goal Size should be 10-12 feet wide.
- b. Goal mouth should be 6 yards from the center of the goal, and 6 yard out from the goal line forming a 6 yard x 12 yard box.
- c. The net can be made of cones, flags or portable nets. As long as they are the same for both sides.

### LAW II – THE BALL:

Size 3 ball should be used for practices and games.

### LAW III – NUMBER OF PLAYERS:

- A. Number of players on the field at any time will be 10. Each team with 4 players and 1 goalie.
- B. Substitutions: made on the fly [or] every 2-3 minutes.
- C. Playing time: each player SHALL receive equal playing time.
- D. Teams and games may be co-ed.

### LAW IV – PLAYERS EQUIPMENT

- A. Footwear: Tennis shoes or soft-cleated soccer shoes. (use common sense)
- B. MANDATORY. Shin-guards and socks covering the shin-guards.
- C. Jersey/ T-Shirt: Supplied by community or EWZSA.
- D. NO sunglasses, ball caps/ hats.
- E. NO item of jewelry of any sort will be allowed on the field of play. Medic Alert Bracelets if required must be covered or padded in order to be safe for all players.

EWZSA promotes playing for FUN not competition.  
Stats and scored are NOT recorded at this age level.

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**LAW V – REFEREE:**

Since there are no referees at U7 and the players need to be in close contact with the instructional coach, each team should have one (1) representative on the field. Each representative (preferably the coach) will take half of the field.

**LAW VI – LINESMEN: NO LINESMEN AT THIS LEVEL.****LAW VII –DURATION OF GAME:**

- A. The first 30 minutes will consist of Skills & Drills. Parents are encouraged to participate with their child.
- B. Followed by a 30 minutes game. 2 x 15 minute halves.

**LAW VIII – THE START OF PLAY:**

- A. The start of play shall consist of the visiting team starting with the ball at center.
- B. The ball may be played forward or backward at the start of play.
- C. The second half shall start with the home team starting with the ball at center.
- D. The defending team shall be 15 feet away from the center at any start from center.
- E. The ball cannot be touched by the same player twice before another player has touched it. If this occurs the ball must be restarted.

**LAW IX – BALL IN AND OUT OF PLAY:**

- A. Kick-in's only if ball goes out of bounds. The ball is awarded to the opposite that put it outside the field of play. Place the ball on the ground have the player kick it into the field of play.
- B. No throw in's allowed.
- C. If the ball exits across the goal line, it is a goal kick.

**LAW X – METHOD OF SCORING:**

- A. Goals will be awarded when the ball is kicked into the net, or between the goal posts (pylons, flags).
- B. No scoring may occur inside the goal area.
- C. Goals may not be scored off of restarts.
- D. Goals must be scored no higher than 5 feet. (If there are no nets)

**LAW XII - OFF-SIDE: THERE WILL BE NO OFF-SIDES.****LAW XIII - FOULS AND MISCONDUCT:**

No pushing, hitting, kicking or holding an opponent and No hand balls.

- A. All fouls will result in an indirect free kick with the opponents 10 feet away.
- B. The referee or parent shall explain all infractions.