



EMSA WEST MODIFIED LAWS FOR U7 – OUTDOOR

LAW I – THE FIELD:

- A. Dimensions:
 - a. The field of play should be rectangular, approximately 120 feet by 90 feet.
 - b. 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:
 - a. Distinctive lines are necessary (sidelines and end-lines).
 - b. A halfway line can be marked out across the field or otherwise indicated.
 - c. Other marks are possible but not necessary for the enjoyment and development of the youngsters.
 - i. A centre circle with a five-yard radius
 - ii. Four corner arcs with a two-foot radius.
 - iii. A goal area
- C. Goals:
 - a. Goal size should be 10-12 feet wide
 - b. Goal mouth should be 6 yards from the centre of the goal and 6 yards out from the goal line forming a 6-yard x 12-yard box.
 - c. The net can be mad of cones, flags or portable nets as long as they are the same for both sides.

LAW II – THE BALL:

- A. 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 EMSA West.
- D. NO sunglasses, ball caps/hats.
- E. NO item of jewellery of any sort will be allowed on the field of play. If required, Medical Alert Bracelets may be worn but must be covered or padded for the safety of all players.

LAW V – REFEREE:

- A. Since there are no referees at the U7 level 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) can take half of the field.

LAW VI – LINESMEN:

- A. There are 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. This is followed by a 30-minute game of 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 centre.
- 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 centre.
- D. The defending team shall be 15 feet away from the centre at any start from centre.
- 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-ins only if ball goes out of bounds. The ball is awarded to the opposite team that put it outside the field of play. Place the ball on the ground and have the player kick it into the field of play.
- B. No throw-ins 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 XI – OFF-SIDE:

- A. There will be no off-sides

LAW XII – FOULS AND MISCONDUCT:

- A. No pushing, hitting, kicking, or holding an opponent.
- B. No hand balls.
- C. All fouls will result in an indirect free kick with the opponents 10 feet away.
- D. The referee or parent shall explain all infractions.

