



U - 11

Outdoor 2026 - 7 vs 7 Rules

Field Size

Width: 30-36m

Length: 40-55m

Goal Size - 6.5ft (1.98m) x 16.5ft (5.03m)

Roster Size – Max 14 10-12 ideal - If your roster is larger please notify the office

Ball Size – Size 4

Game duration – 2x30 min as per CASA R&R

Offside – No

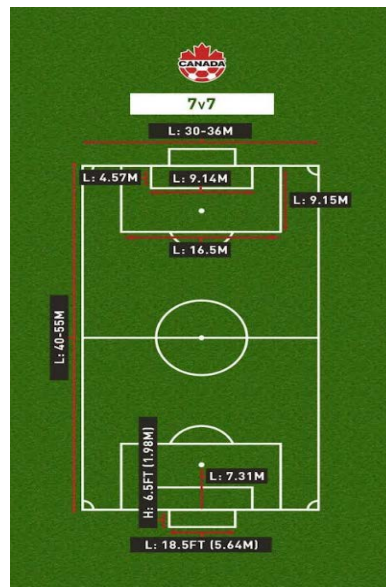
Throw-ins – Thrown in or Pass In

Retreat Line – Yes (1/3/ of the field)

Substitutions – As stated in IFAB Laws of The Game, at stoppages and whole line changes allowed

Minimum number of players to start the game – 7 players

Referees – Referee



All other match rules in alignment with the current Alberta Soccer Modified Laws of The Game

Note- We understand that many of the fields will be different dimensions.

Law 3: Number of Players

The game shall be played by two teams, each consisting of 7 players, one of whom shall be a goalkeeper. Teams must dress a minimum of 6 players and a maximum of 20.

Substitution Procedure

- To replace a player with a substitute, the following must be observed: the referee must be informed before any substitution is made
- the player being substituted receives the referee's permission to leave the field of play, unless already off the field
- the player being replaced is not obliged to leave at the halfway line

The substitute only enters:

- during a stoppage in play
- at the halfway line
- after the player being replaced has left
- after receiving a signal from the referee

Extra persons on the field of play

The coach and other officials named on the team list (with the exception of players or substitutes) are team officials. Anyone not named on the team list as a player, substitute or team official is an outside agent.

If a team official, substitute, substituted or sent off player or outside agent enters the field of play the referee must:

- only stop play if there is interference with play
- have the person removed when play stops
- take appropriate disciplinary action

If play is stopped and the interference was by:

- a team official, substitute, substituted or sent off player, play restarts with a direct free kick or penalty kick
- an outside agent, play restarts with a dropped ball. If a ball is going into the goal and the interference does not prevent a defending player playing the ball, the goal is awarded if the ball enters the goal (even if contact was made with the ball) unless the ball enters the opponents' goal.

Goal scored with an extra person on the field of play

If, after a goal is scored, the referee realises, before play restarts, an extra person was on the field of play when the goal was scored:

- the referee must disallow the goal if the extra person was:
 - > a player, substitute, substituted player, sent off player or team official of the team that scored the goal
 - > an outside agent who interfered with play unless a goal results as outlined above in 'extra persons on the field of play'

Play is restarted with a goal kick, corner kick or dropped ball.

- the referee must allow the goal if the extra person was:
 - > a player, substitute, substituted player, sent off player or team official of

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the team that conceded the goal
> an outside agent who did not interfere with play

In all cases, the referee must have the extra person removed from the field of play.

If, after a goal is scored and play has restarted, the referee realises an extra person was on the field of play when the goal was scored, the goal cannot be disallowed. If the extra person is still on the field the referee must:

- stop play
- have the extra person removed
- restart with a dropped ball or free kick as appropriate

The referee must report the incident to the appropriate authorities.

Law 4: Player's Equipment

Equipment shall consist of shirt, shorts, socks, shin-guards and footwear.

All jerseys must have sleeves. The players may not roll the sleeves up or tie them at the shoulder level. A player who removes his/her jersey to celebrate a goal will receive a caution for unsporting behavior.

All players **MUST** wear shin guards of suitable material. The shin guards should be covered completely by the socks.

Running shoes or multi stud soccer shoes may be worn.

Goalkeepers must wear colours that are distinguishable from those of other players and those of the referee. Goalkeepers may wear gloves and tracksuit-type pants.

Additional Guidance on Jewelry and Non-Compulsory Equipment

No item of jewelry of any sort will be allowed on the field of play, even if it is 'taped'. I.E. covered.

Game officials must set an example by removing all personal jewellery before entering the field of play (watches are allowed for game officials).

The rule of thumb should be 'if it can be seen, it's a problem'.

Earrings: no earrings of any kind are acceptable. The practice of taping is no longer acceptable.

Facial Rings: any kind of jewellery around the eyes, nose or any other part of the face must be removed.

Bracelets: all bracelets (including metal, rope, fabric ...) must be removed.

Medic Alert Bracelets: may be worn but must be covered or padded in order to be safe for all players.

Necklaces: all necklaces must be removed.

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Body Piercing: any body piercing not visible to the referee is not of concern. Should the piercing become visible the referee will ensure it is removed.

Watches: players are not allowed to wear any kind of watches.

Beaded Hair: if a player is wearing hair beads the hair must be tied in a bun or covered by a hair net. Loose beaded hair is not permitted.

Rings: must be removed.

Hats: no hats are allowed on the field of play. Goalkeepers may request to wear a soft brimmed hat as an eyeshade. The referee must ensure that it is not dangerous.

Bandanas: no bandanas are allowed.

Sweatbands: no sweatbands are allowed.

Head Protectors: only those permitted by FIFA are allowed.

Spectacles: are allowed if they are sports spectacles and / or regular glasses and are safe for the players themselves and for other players.

Pro Wrap: Single strand of Pro Wrap is permitted with no metal hair clips or bobby pins.

Orthopedic Supports: FIFA Circular 863 states that the vast majority of commercially manufactured supports are safe to use. These items pose less of a hazard than players accidentally banging heads, for instance.

The major concern is not the 'hardness' of the equipment alone, rather it should be whether any part of it could cut or wound another player.

Any support must be safe for all players, and adequately padded if necessary.

Casts: Players wearing a hard cast are NOT permitted to play, even if it is padded.

Players wearing a soft cast may be permitted to play if the cast does not present a danger to him/herself or any other player. The soft cast must not contain any hard material.

The referee (or a Supervisor of Officials if one has been appointed to the match or competition) will make the final decision as to the acceptability of any soft cast.

Law 5: Referees

As per the FIFA Laws of the Game.

Law 6: Assistant Referees

As per the FIFA Laws of the Game.

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Law 7: Duration of the Game

The game shall be divided into two equal halves. Each half shall be 30 minutes in length. The length of halftime will be a minimum of 5 minutes and for a maximum of 10 minutes. The referee or competition Laws will determine the length of the half time break.

Law 8: Start & Restart of Play

Kick off

A kick-off starts both halves of a match, both halves of extra time and restarts play after a goal has been scored.

- the team that wins the toss of a coin decides which goal it will attack in the first half
- their opponents take the kick-off
- the team that wins the toss takes the kick-off to start the second half
- for the second half, the teams change ends and attack the opposite goals
- after a team scores a goal, the kick-off is taken by their opponents

For every kick-off:

- all players with the exception of the player taking the kick must be in their own half of the field of play
- the opponents of the team taking the kick-off must be at least 5 m (6 yds) from the ball until it is in play
- the ball must be stationary on the centre mark
- the referee gives a signal
- the ball is in play when it is kicked and clearly moves in any direction
- a goal may be scored directly against the opponents from the kick-off

Dropped Ball

For any stoppage not mentioned in these Laws, the referee shall restart the game by dropping the ball at the place where it was when play stopped, unless play was stopped in the penalty area. In this case, the ball shall be dropped on that part of the penalty area line which runs parallel to the goal line, at the point nearest to where the ball was when play stopped. The ball is in play when it touches the ground.

A goal may not be scored directly from a dropped ball.

Retreat Line

The Retreat Line will come into effect in two situations during the game:

- Goal Kick
- Free Kick to the defending team within its own penalty area

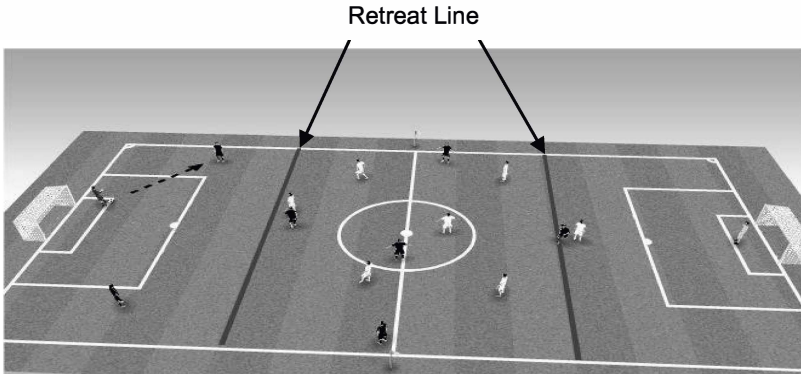
At these two restarts, the opposing team is required to move beyond the Retreat Line. The player taking the kick can then pass the ball to one of his team-mates without the pressure of an opposing player nearby. When the ball has left the penalty area, the play will resume as normal and the "opposing" team can move inside the Retreat Line.

The Retreat Line in 7 V 7 Soccer will be the closest offside line to the restart.

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If a member of the opposing team comes inside the Retreat Line before the **ball has left the penalty area**, and interferes with play, the Referee will stop play and the restart will be retaken.

Players can choose to play the ball long if they wish.



Law 9: Ball in and out of Play

The ball is out of play:

- When the whole of the ball has crossed the goal-line or touch line, whether on the ground or in the air.
- When the game has been stopped by the referee.

The ball is in play at all other times.

Law 10: Method of Scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no offence or infringement of the Laws of the Game has been committed by the team scoring the goal.

If a referee signals a goal before the ball has passed wholly over the goal line, play is restarted with a dropped ball.

Law 11: Offside

Alberta Soccer would like to emphasize that the program is designed as a progressive step from the Mini Soccer program. We consider it still to be development and learning, therefore requiring some variation from the full IFAB Laws; i.e. the offside line at the attacking 3rd of the field encourages players to spread out.

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The offside rule is in effect in the attacking 3rd of the field. This line may be marked as a dotted line, and solid line or single cones or flags on the touch line. Coaches from both teams should bring cones to mark this line in the event that the attacking 3rd line is not clearly marked on the field.

Offside Position:

It is not an offence in itself to be in an offside position.

A player is in an offside position if:

- He or she is nearer to their opponents' goal line than both the ball and the second-last opponent

A player is not in an offside position if:

- He or she is not in the attacking third of the field of play
- He or she is level with the second-last opponent or
- He or she is level with the last two opponents

Offence:

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- Interfering with play or
- Interfering with an opponent or
- Gaining an advantage by being in that position

No Offence:

There is no offside offence if a player receives the ball directly from:

- A goal kick
- A throw-in
- A corner kick

Infringements and Sanctions:

In the event of an offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the offside offence occurred.

Law 12: Fouls and Misconduct

Fouls and misconduct are penalized as per the FIFA Laws of the Game:

A direct free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless or using excessive force:

- Charges
- Jumps at
- Kicks or attempts to kick
- Pushes
- Strikes or attempts to strike (including head-butt)
- Tackles or challenges
- Trips or attempts to trip

- impedes with contact

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A direct free kick is also awarded to the opposing team if a player commits any of the following offenses:

- Handles the ball deliberately (except for the goalkeeper within their own penalty area)
- Holds an opponent
- Impedes an opponent with contact
- Spits at an opponent

A direct free kick is taken from the place where the offence occurred.

A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

An indirect free kick is awarded to the opposing team if a goalkeeper commits any of the following offenses:

- controls the ball with the hands for more than six seconds before releasing it
- touches the ball with the hands after:
 - > releasing it and before it has touched another player
 - > it has been deliberately kicked to the goalkeeper by a team-mate
 - > receiving it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if, in the opinion of the referees, a player:

- Plays in a dangerous manner
- Impedes the progress of an opponent (without any contact being made)
- Prevents the goalkeeper from releasing the ball from the hands
- Puts the ball in play through a direct, indirect, goal or corner kick, and kicks the ball again before it has been touched by another player
- Commits any other infringement not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player

An indirect free kick is taken from the place where the offence occurred

Disciplinary Sanctions:

The yellow card is used to communicate that a player or substitute has been cautioned.

The red card is used to communicate that a player or substitute has been sent off. Any player receiving a red card may not play for the remainder of the game. The offending player may be substituted by another eligible player; both teams continue to play 8 vs 8.

Only a player, substitute or substituted player may be shown the red or yellow card. The referee has the authority to take disciplinary sanctions from the moment he enters the field of play until he leaves the field of play after the final whistle.

A player who commits a cautionable or sending-off offence, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offence committed.

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A player is cautioned if guilty of:

- unsporting behaviour
- dissent by word or action
- persistent offences (no specific number or pattern of offences constitutes 'persistent').
- delaying the restart of play
- failing to respect the required distance when play is restarted with a corner kick, free kick or throw-in
- entering, re-entering or deliberately leaving the field of play without the referee's permission

A substitute or substituted player is cautioned if guilty of:

- unsporting behaviour
- dissent by word or action
- delaying the restart of play
- entering or re-entering the field of play without the referee's permission.

A player, substitute or substituted player who commits any of the following offences is sent off:

- denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (except a goalkeeper within their penalty area)
- denying an obvious goal-scoring opportunity to an opponent moving towards the opponents' goal by an offence punishable by a free kick (unless as outlined below)
- serious foul play
- biting or spitting at someone
- violent conduct
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match

Denying a goal or obvious goalscoring opportunity

Where a player denies the opposing team a goal or an obvious goal-scoring opportunity by a deliberate handball offence the player is sent off wherever the offence occurs.

Where a player commits an offence against an opponent within their own penalty area which denies an opponent an obvious goal-scoring opportunity and the referee awards a penalty kick, the offending player is cautioned unless:

- The offence is holding, pulling or pushing - or
- The offending player does not attempt to play the ball or there is no possibility for the player making the challenge to play the ball - or
- The offence is one which is punishable by a red card wherever it occurs on the field of play (e.g. serious foul play, violent conduct etc.)

In all the above circumstances the player is sent off.

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The following must be considered in the case of Denying an Obvious Goalscoring Opportunity:

- distance between the offence and the goal
- general direction of the play
- likelihood of keeping or gaining control of the ball
- location and number of defenders

A player, substitute or substituted player who has been sent off must leave the vicinity of the field of play and the technical area, providing that they are supervised by an adult.

For Offences Committed by Team Officials, refer to the current IFAB Laws of the Game.

Law 13: Free Kick

Direct and indirect free kicks are awarded to the opposing team of a player guilty of an offence. Free kicks are taken from where the offence occurred, with the following exceptions:

- indirect free kicks to the attacking team for an offence inside the opponents' penalty area are taken from the nearest point on the penalty area line which runs parallel to the goal line

The ball must be stationary, and is in play when it is kicked and clearly moves, except for a free kick to the defending team in their penalty area where the ball is in play when it is kicked directly out of the penalty area.

Until the ball is in play, all opponents must remain:

- 5 meters (6 yards from the ball)
- Outside the Retreat Line **until the ball has left the penalty area** for all free kicks inside the opponents' penalty area.

Indirect free kick signal

The referee indicates an indirect free kick by raising the arm above the head; this signal is maintained until the kick has been taken and the ball touches another player or goes out of play.

An indirect free kick must be retaken if the referee fails to signal that the kick is indirect and the ball is kicked directly into the goal.

- if a direct free kick is kicked directly into the opponents' goal, a goal is awarded
- if an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded
- if a direct or indirect free kick is kicked directly into the team's own goal, a corner kick is awarded

Law 14: Penalty Kick

A penalty kick shall be taken from the penalty mark. All players, with the exception of the defending goalkeeper and the player taking the kick, shall be outside the penalty area but within the field of play, and not less than 6 yards from the ball (and behind the ball) until it has been kicked.

The goalkeeper remains on his/her goal line, facing the kicker, between the goalposts until

the ball has been

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kicked.

The player taking the penalty kick must not touch the ball a second time until it has been played or touched by another player.

Play shall be extended at half-time, or at full-time to allow a penalty kick to be taken. In the event that time is extended, play shall end when the kick is complete.

For offences and sanctions at penalty kicks, please refer to the FIFA Laws of the Game.

Law 15: Throw in

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline, on the ground or in the air.

Players taking a throw in shall stand facing the field of play and have part of both feet on the ground, on or behind the touch line. The thrower shall use both hands to throw the ball from behind and over their head. The ball shall be in play immediately after it enters the field of play.

Players taking a throw in must not touch the ball a second time before it has been played or touched by another player.

The normal throw-in rule will apply. If not properly taken, one re-throw will be given. If still not properly taken, the game will be restarted by a throw in from the opposing team.

Law 16: Goal Kick

- When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goalposts having last been played or touched by a member of the attacking team, a goal kick shall be awarded to the defending team. The ball shall be kicked into play from the nearest point on the penalty area line which runs parallel to the goal line. The ball is in play when it is kicked directly out of the penalty area

At the taking of a goal kick, **all opponents shall be outside the Retreat Line until the ball has left the penalty area.**

The player taking the goal kick must not play or touch the ball a second time before it has been played or touched by another player.

A goal may be scored direct from a goal kick, but only against the opposing team.

Law 17: Corner Kick

When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goal posts, having last been played or touched by a member of the defending team, a corner kick shall be awarded to the attacking team.

The corner kick shall be taken within the corner area nearest to where the ball crossed the goal line. All opponents shall be not less than 6 yards from the ball until it has been kicked.

The player taking the corner-kick must not play or touch the ball a second time before it has been played or touched by another player.

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A goal may be scored directly from a corner kick, but only against the opposing team.

FAIR PLAY FOR PLAYERS, COACHES & PARENTS

Coaches, managers, team officials and parents shall not criticize game officials at any time and should encourage the same attitude and good sportsmanship amongst all players and supporters. The game official shall endeavor to conduct the game in a proper manner at all times.

Coaches shall coach from their technical area. If not marked, a technical area is defined as extending one (1) yard on either side of the designated seating area and forward up to one (1) yard from the touch line. Coaches, players, and parents may not position themselves behind the goal.



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