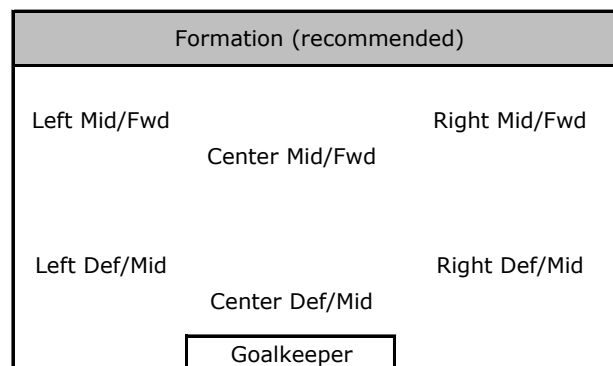


U15-U19 7-A-Side Basic Rules

Length of Games U15-U19	2 x 35 minute halves
Warm Up	10 min. Warm Up/Drill
# of Players On Field	7(6 plus a Goalkeeper)
Size of Ball	5
Duration of Games U15-U19	70 Minutes
Half Time	5 Minutes
Referees	Yes, 1 Referee & 2 Asst. Referees
Substitutions	Unlimited at centre
Offside	Yes at final 1/3rd of field



WAYS TO RESTART THE GAME

After a Save...	A goalie may kick or throw the ball out of his/her goal area.
Ball out of Bounds Over Sideline...	THROW IN ...the ball is over the head with two hands, both feet remain on the ground. The team who did not touch the ball last before it went out takes the throw in.
Ball Out of Bounds Over End of Field...	If the ball goes out of bounds at the end of the field, and the defending player touched it last, it is put back in play by a CORNER KICK .
Ball Out of Bounds Over End of Field...	If the ball goes out of bounds at the end of the field, and the attacking player touched it last, it is put back in play by a GOAL KICK .
Penalty Shot...	If a player commits any of the typical fouls in the penalty area (keepers area) the Referee may award a Penalty Shot or Direct Shot on goal with a goalkeeper from the Penalty Mark (12 Yards away).

Typical Fouls	Results In	This Means?	Distance of opposition from Kick
Hand Ball	Direct Free Kick	Goal can be scored directly from Shot	10Y
Tripping	Direct Free Kick	Goal can be scored directly from Shot	10Y
Pushing/ Charging	Direct Free Kick	Goal can be scored directly from Shot	10Y
Obstruction	Direct Free Kick	Goal can be scored directly from Shot	10Y
Kicking	Direct Free Kick	Goal can be scored directly from Shot	10Y