

U7 Basic Rules

Length of Games	2 x 10 minutes or 2 x 5 (4 minute shifts)
Warm Up	30 min. Warm Up/Drill
# of Players On Field	5 (Including Goalkeeper)
Size of Ball	3
Duration of Games	20 Minutes
Half Time	5 Minutes
Referees	None. (Coaches)
Substitutions	Every 4 Minutes (Not on the Fly)
Offside	No

WAYS TO RESTART THE GAME

Ball Out of Bounds Over Sideline...	<u>THROW IN...</u> 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 <u>CORNER KICK.</u>
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 <u>GOAL KICK.</u>

Typical Fouls	Results In	This Means?	Distance of Opposition from Kick
Hand Ball	Indirect Free Kick	Goal cannot be scored directly from Shot	3M
Tripping	Indirect Free Kick	Goal cannot be scored directly from Shot	3M
Pushing/ Charging	Indirect Free Kick	Goal cannot be scored directly from Shot	3M
Slide Tackling	Indirect Free Kick	Goal cannot be scored directly from Shot	3M
Kicking	Indirect Free Kick	Goal cannot be scored directly from Shot	3M