



RULES OF PLAY

UNDER 13

Updated: April 2023

7-A-SIDE SOCCER

1. The Field (required field markings)

- Field length – 40-45 meters (131-148ft)
- Field width – 30-36 meters (98-118ft)
- Centre line & circle – the radius will be 9-10 meters (30ft)
- The goal/crease area – 11m x 5.5m (36ft x 18ft)
- The penalty area – 20m x 10m (66ft x 32ft)
- The penalty shot mark will be 7 meters (24ft) from the goal line.
- Corner arcs – 1 meter radius (approx. 3ft. 3in.).
- When possible, all fields shall have the length of the field running north to south.

2. The Goals & Scoring

- **Must be rectangular in shape** – (12ft wide x 6ft tall).
- Goals should be firmly secured to the ground to ensure they do not to topple on players.
- A goal can be scored from anywhere on the field if it completely crosses the goal line and is under the crossbar.

3. Corner/Halfway Markers

- Corner flags are required, and halfway markers are optional.

4. Ball

- Size 5 ball
- Please ensure that the ball is pumped up to 8.5-15.6psi and not under inflated.

5. Corner, Goal, Throw-Ins

After the ball goes out of play, which means the entire ball goes over the line; the game is restarted by one of the following methods:

1. **Sidelines** – Throw-in with the following stipulations:
 - 1.1. Two hands on the ball.
 - 1.2. Ball is thrown from behind the head.
 - 1.3. Both feet must always remain in contact with the ground during the throw.
 - 1.4. The player must be square to the direction of the throw.
2. **Goal-line or End-line**
 - 2.1. With a goal kick if the attacking team touched the ball last.
 - 2.2. With a corner kick if the defending team touched the ball last.
 - 2.3. With a kick-off from centre when a goal is scored.
 - 2.4. Opposing team must retreat to the halfway line on all goal kicks.

NOTE: Opponents must be at least 30' or 10 yards away from the ball on all the above

6. Number of Players and Substitution System

- The game is played with 7 players (6 out players + 1 keeper) on the field at a time.
- It is recommended that teams carry no more than 14-16 players per team to allow for ample playing time throughout the season.
- The keeper is the only player allowed to use their hands in the goal area. Keepers will be distinguished by a different colored shirt/pinnie as their teammates, opponents, and the referee.

- All players on the roster must be included in a substitution rotation. Substitutes occur at centre field when the referee stops play and invites players into the field.

7. Equipment

Players should wear equipment that is safe to both them and others. Each team should try to wear colors that differentiate from each other. In a situation where both teams have the same color jerseys, the home team will be required to change jerseys or wear pinnies of a different color. An official “soccer kit” includes a jersey, shorts, socks and shin-guards. **Shirts should be tucked in and socks are required to be pulled up over the shin-guards.** This is done in case the shin-guards have edges to them that may hurt their fellow players.

- Jewelry – *All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are strictly forbidden and must be removed. **Using tape to cover jewelry is NOT acceptable.***
- Headscarves – Headscarves are permitted if the referee, *as per FIFA Law 4 of the Laws of the Game, ensures that the headscarf is safe and does not pose a danger to the wearer or other participants.*

8. Game Time

There are two 35-minute halves (70-minute total game time), with a 5-minute half time. At half-time players and keepers shall switch ends and play accordingly for the second half.

NOTE: In extreme weather conditions please remember that the safety and wellbeing of the players is the most important thing. In extreme heat ensure plenty of water, allow head wear, find shade, and make sure to communicate with your referee if you feel that conditions are unsafe to continue. Remember, there must be a balance between wanting to play, as the kids will want to do, and being safe. Please see VSA’s weather policy with regards to weather conditions and cancelation of games.

9. Game Rules, Fouls & Off-sides

- The referee has the final say in all situations.
- No player, coach, or parent at any time is permitted to approach a referee to question a call or ruling. If necessary, a grievance form will be completed and submitted to your town association and VSA.
- Team benches shall be on one side of the field with players and coaches only and spectators on the opposite side of the field. No spectators shall be behind a goal or goal line.
- No slide tackles allowed.
- At this age, it is recommended that heading techniques be taught utilizing a softer ball (such as a beach ball or volleyball) and limited to no more than 10 touches per session to avoid repetitive contact that can cause injury.
- The VSA will not include **temporary dismissals** or “**sin bins**” for any cautions (yellow cards) during the match as noted in the IFAB Laws of the game 2022-23 (pg. 21). Cautions will be noted and marked on the game sheet and play will continue with the appropriate restart procedure.
- See [IFAB Laws of the Game 2022-23](#). This also includes off-sides as per the Laws of the Game.

10. Field Diagram

U13 Field - Recommended Dimensions

Field Width – 30-36m (98-118ft)

Goal Crease – 11m x 5.5m
(36ft x 18ft)

Penalty Mark – 7m from
goal line (24ft)

Field Length – 40-45m
(131-148ft)

Center Circle - 9-10m radius (30ft)

Penalty Area – 20m x 10m (66ft x 32ft)

Corner Arc – 1m
radius (3ft 3in)

Recommended 12ft x 6ft rectangular net.

