

7v7

IN-HOUSE MATCH RULES

RULES

- Goalies must wear different colored shirt, or pinnie, than teams in play
- Unlimited substitutions, can occur at any stoppage in play

KICK-OFFS

- Kick-off at midfield
- Attacking team may pass forward or back to start the game

OUT OF BOUNDS

- Goal Kicks
 - Opposing team will retreat behind the build-out line, designated by two cones on the sideline
 - When the keeper saves the ball, ball must be put back into play by rolling, throwing, or passing the ball
 - Play may resume one goalkeeper passes AND receiving player has possession
 - Ball is live once goalkeeper puts it on the ground; keeper can no longer pick up the ball
 - Team in possession does not need to wait for opposing team to retreat, may resume play sooner
- Corner Kicks
 - Opponents must be 5 yards away until kicker strikes ball
- Sidelines
 - Player will throw ball inbounds to teammate
 - A throw-in must be performed with both feet on the ground, both hands on the ball, starting from behind the head and releasing the ball when the players arms are fully extended
 - If throw-in is incorrect, facilitator should address it and thrower has one more try; after two tries, a throw-in can be given to opposing team.
- Goalie Possession
 - When the keeper saves ball, same procedure as goal kick
 - Goalkeeper must put ball back into play by rolling, throwing, or passing the ball (no punts or dropkicks)
- Understanding the Build Out Rule
 - Designed to help kids learn to play the ball out of the back
 - When a goal kick is being taken or keeper has the ball in hand, opposing team must retreat behind the line designated by two cones on the sideline. They cannot cross the line until the player receiving the ball from the goalie has touched it
- Power Play
 - If a team is down by five or more goals at any point, they are allowed to send another player in for a Power Play
 - If the team with the Power Play gets within four goals of the opposing team, the Power Play is over and the extra player returns to the bench
- Heading the ball intentionally is not permitted for safety reasons by US Soccer (until U14) and will result in stoppage of play

GAME TIMELINE

