

# Mandeville Soccer Club

## U-7 Rules (4 V 4)

1. This is a **Recreational and Developmental league**. The goal is to have **fun** and teach some soccer. WE DO NOT KEEP SCORE AT THIS AGE.
2. **Players** - We play 4 versus 4 at this age. The four players are field players. We do not play a goalie at this age. While we begin to introduce the concept of attackers and defenders, no player should play the game "positioned" in or near the goalie box. A team must have a minimum of three players to play a game.
3. **Equipment** - Uniforms shirts must be tucked in. No jewelry, watches, etc.. may be worn by players during the game. Shin-guards are mandatory. Soccer cleats are recommended but are not mandatory. Metal cleats, baseball cleats (with toe cleat) are forbidden for safety reasons. We will use a Size 3 soccer ball.
4. **Duration** - The games will consist of 12 minute quarters, with a 3 minute break between quarters, and a 5 minute break at halftime.
5. **Substitutions** - At the end of any quarter, a coach may substitute his/her players, however, every player must play at least 50% of the game. Substitutions are made at the quarter mark, unless a player on the field is injured or requests a rest.
6. **Coaching from the Sideline:** There should be no coaching on the field, or from behind the goal. Unless a coach is refereeing the game, he/she should not be on the field. If a coach is on the field, he/she will naturally make decisions for the players.
7. **Sidelines:** Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline. Players are easily distracted by their parents.
8. **Referees:** Each team will provide a volunteer referee half of the game. One coach, assistant coach or parent is allowed on the field to referee the game. The referee must be impartial and should refrain from coaching his/her players. This is a great opportunity to reinforce the rules of the game for both teams. Soccer Rules apply with some age level modifications. Rules of note:
  - a. At U-7 we play 12 minute quarters (note the clock does not stop when the ball goes out of play).

- b. The ball must move forward on the kick-off (until touched by another player)
- c. Kickoffs should be alternated each quarter. Team should change sides (defend the other goal) after the half break. You can score directly on the kickoff.
- d. A player cannot kick the ball, or throw the ball to himself (it must touch another player before he can touch it again)
- e. A ball is not out of play until it completely rolls (or flies) past the touch or goal line. Unlike other sports, the ball is in play if it is only partially over the line.
- f. Throws-Ins: The ball must be thrown with two hands. The ball must pass above and past the head. Both feet must be in contact with the ground during the throwing motion (until the ball is released). Also, the player's feet must be either on or behind the touch line, not on the playing field. Note a goal may not be scored directly from a throw-in (must touch another player before passing the goal line and into the net). Incorrect throw-ins will be whistled dead and the player will be allowed to "re-try" during the fall season. In the Spring, however, incorrect throw-ins will result in a throw-in for the opposing team.
- g. Goal Kicks - When a ball, which is last played by an attacker, passes the defensive goal line, a goal kick is awarded to the defensive team. The goal kick may be taken from anywhere within the goal box (smaller box adjacent to the goal).
- h. Corner Kick - When a ball, which is last touched by a defender, passes the defensive goal line, a corner kick is awarded to the attacking team. The defending team must give the attacking team five yards (modification). A goal may be scored directly from a corner kick.
- i. A whistle is blown when the ball goes out of play. With the exception of the kickoff, no whistle is blown to start play. On throw-ins, goal kicks and corner kicks, the play should begin whenever the kicking team is ready. This can happen very quickly!
- j. After a goal is scored, the opposite team kicks off the ball from the centerline to restart the game.

- k. Fouls: When a foul such as tripping, pushing, an intentional hand ball occurs, the referee will award an indirect kick at the spot of the foul. An **indirect kick** means the ball must touch a minimum of two players before it can score a goal. If the player kicks it straight into the goal without touching either team's player, it does not count. We have no penalty or direct kicks at this age level. All indirect kicks must be taken at least 8 yards from the goal and defenders will be allowed to stand 5 yards from the ball. (modifications)
- l. Injuries: At this age when a player gets hurt, we stop play immediately (modification). Encourage the players on both teams to take a knee while the player is attended to. A "drop ball" is used to restart play (Two opposing players face each other, the referee drops the ball, and the players may kick it once it hits the ground).

Coaches and Parents -remember this is not World Cup competition. When in doubt, see rule one (Have Fun)!

Please consult the Mandeville Soccer Club membership guide for additional information. Any other questions should be referred to the Age Group Director.