

## 7v7 Format

### Club Team Laws

<b>MODIFIED - LAWS OF THE GAME</b>	<b>Rules</b>
<b>Field of Play</b> – The field will be 40 x 60 yards with 6 x 18 goals at each end.	
<b>BALL (Law 2)</b>	Size 4
<b>Numbers of Players (Law 3)</b> – 7 v 7 with Goalkeepers (Coaches may agree to change the format ). The goalkeeper must be designated with a shirt that does not match any field players. (Any color other than red or white). Substitutions are made at a stoppage after a referee acknowledges a player to enter from the mid line. Also, a coach may sub a player or a referee may ask for a substitute instead of using the carding procedure. Other substitutions are required based upon the score.	7 v 7 (INCLUDES GK)
<b>Uniform (Law 4)</b> - Club uniform, shirt tucked in, shin guards (covered by socks), shirt color (home team white), shoes (cleats or flats- no front or metal cleats)	Safety of Children (shoes, shin guards)
<b>Referee (Law 5)</b> – One center referee is requested to take the game. In the event that no referee can be found then a parent must fill-in as a referee.	One Referee or parent
<b>Length of Game (Law 7)</b>  Halves 30 minutes.	60 Minutes
<b>Kick Off (Law 8)</b> Center of field, indirect - ball can be kicked in any direction and not be touched a 2nd time by same player.	Indirect kick (Defense outside circle)
<b>Scoring (Law 10)</b> 1. If a team gains an advantage of 4 goals, the losing team may place an additional player on the field. If the advantage goes below 4 goals, the losing team must remove the extra player from the field.	1. To attempt to create a more fair and equitable match.  2. To remind coaches that the objective of the League is for the kids to have fun.
<b>Offside - (Law 11)</b> – An active player may be deemed offside if also nearer to the opponent's goal in the attacking half than the second to last defender. The referee must try to judge the playing position of each player in the run of play to judge offside. (Be patient with vantage points of view as yours will be different from the referee).	Indirect free kick
<b>Fouls (Law 12)</b> - Opponent 10 yards away from the ball. Direct Kicks - kicking, tripping, jumping, charging, pushing, slide tackling, holding another player and handling ball (goalies)  Indirect kicks - pass back to goalies hands, and unfair play.	Indirect/direct free kick
<b>Penalty Kick (Law 14)</b> - PK from 10 yards from the goal line, all field players must stand outside of the penalty area box and arc during penalty kick (except for the kicker). The goalkeeper may stand on the goal line facing towards the kicker.	Direct Free Kick

<b>Throw In (Law 15)</b> - Opponent 3 yards away. The purpose of the throw in is to get the ball back into play. Give player two chances prior to resumption of play if necessary. Penalty for second foul throw is turnover the throw to the other team.	Throw In Indirect
<b>Goal Kick (Law 16)</b> - When the ball crosses end line off of the offensive player, kick taken anywhere in/around goal area box - opponent Defenders must be outside of the penalty area from a goal kick to allow the ball back in play. Retake the goal kick if the ball does not clear the penalty area box.	Indirect Free Kick
<b>Corner Kick (Law 17)</b> - When ball goes over goal line off of the defensive player, opponent 10 yards away from the ball.	Indirect Free Kick
<b>Common Sense (Law 18)</b> – Coaches must play all players at least 50% of the game. Change the format each week to accommodate the attendance of players as agreed by the coaches. Safety first. Coaches may agree to play quarters if they both agree and inform the referee. <b>KEEP PLAYERS OUT OF AND AWAY FROM THE GOALS AND NETS!</b>	Enjoy the game
<b>Heading (Law 19)</b> - Deliberate heading of the soccer ball is not permitted in accordance with new US Soccer regulations.	Indirect Free Kick

#### Scoring modification:

The intent of the rule is **NOT** to penalize players of the winning team by reducing the number of players on the field, and subsequent playing time, after the goal differential goes to 6. Rather, the intent is to remind coaches that when they go up by 4 goals it is time to start taking measures to make goal scoring more challenging for their team, **BEFORE** the goal differential goes to 6 goals.

There are numerous “restrictions” that the coach can impose. Moving “defensive players” up front is usually not one of them. This tactic usually results in even more goals being scored. On the other hand, “restrictions” such as requiring the ball to be touched by 3 players (or 4, or 5, whatever) before a shot can be taken can develop the team’s passing abilities, while not humiliating the other team. Requiring the team to pass the ball back into the defensive end and then bring it forward two times (or 3 times, or whatever) before a shot can be taken, can increase the defensive players’ comfort with handling the ball in their defending third. Numerous other examples could be cited. The point is, sometimes it becomes necessary for coaches to modify their players’ behavior in order to **NOT** run up the score. However, this can be done in such a way as to increase the players’ abilities in other aspects of the game.

While we all “play to win”; winning the match is not the objective of playing the game at the recreational level. Frankly, winning or losing a match by an overwhelming margin is the antithesis of the Club’s objectives. By learning to impose some fairly easy “restrictions” of play when the score does get overwhelming can be an opportunity for our players to develop other skills. It also reinforces the concepts of sportsmanship and fair play.