

## Sporting Columbia Recreational Rules 7v7 U10 Coed & U10 Girls

<b>Players on the Field</b>	6 plus a goalkeeper
<b>Roster Maximum</b>	14
<b>Duration of Match</b>	2 x 25 minute halves / 5 minute halftime
<b>Ball Size</b>	4
<b>Throw-ins</b>	Second chance (explanation of what needs to be corrected should be provided by referee).
<b>Corner kicks</b>	Corner kicks taken within 1 yard spot of corner.
<b>Goal kicks</b>	Goal kicks taken at the nearest 3 yard spot from goal line into the field of play. The opposing team must move behind the build-out line until the ball is put into play.
<b>Offside</b>	Yes, will be called based on build-out line. Offside offenses are only called between the build-out line and the goal line (the attacking third). A player cannot be penalized for an offside offense when they are in their own half or between the halfway line and the build-out line.
<b>Restart</b>	Indirect free kick for opposing team.
<b>Substitutions</b>	Any stoppage of play (ball out of bounds, foul, kick-off), time keeps running.
<b>Playing time</b>	Every player shall play a minimum of 50% of the total playing time.
<b>Referee</b>	One official (if available). Otherwise the two coaches act as referee and shall call the game fairly and correctly.
<b>Slide tackling</b>	No slide tackling. Players are permitted to slide to play a ball provided they are NOT in proximity to any other player.
<b>Field</b>	60x40
<b>Coaches on the field</b>	Coaches on the sideline unless acting as the referee
<b>Fouls</b>	Pushing, pulling, kicking opponent, handing the ball, and dangerous play (ex: high kick with opponent nearby). All fouls result in an indirect free kick for the opposing team. A goal can be scored from an indirect free kick if the ball is touched by another player (teammate or opponent) after the kicker before it enters the goal. A defensive foul inside the penalty area will result in an indirect free kick for the attacking team at the nearest spot outside of the box (no penalty kicks).
<b>Practice</b>	Two 60-90 minute sessions per week
<b>Heading the ball</b>	NO HEADERS ALLOWED

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