

7 v 7 RULES

Roster: 12 is the maximum number of players on each team's roster: six players and a goalie on the field.

Game Duration: The game shall consist of two 25-minute halves separated by a two minute halftime period. The team listed first on the schedule will take the kick-off. There are no timeouts and the Game Clock does not stop in 7v7 games. The Referee has the official time on the field.

Substitution: Substitutions may be made during any dead-ball situation, Substitutions may **NOT** be made on the fly! Kick Offs / Kick Ins / Direct and Indirect Kicks / Goal Kicks / Penalty Kicks are dead ball situations.

Direct & Indirect Kicks: All dead-ball kicks (kick-ins, kick-offs, free kicks) are indirect with the exception of corner kicks and penalty kicks. Indirect kicks must only change position before the ball will be considered in play. If a free kick is awarded within five yards of the opposing goal box, the ball will be moved back to five yards from the box. It is the referee's discretion where the ball will be placed.

NO Slide Tackling: If a player is sliding for the ball, contact with any player(s) from the other team is NOT ALLOWED. If a player slides and contact is initiated, a free kick shall be awarded. This does not prevent players from sliding to stop/intercept a ball where contact is not initiated during the slide. Example: a player may slide to save a ball from going out-of-bounds, so long as no contact is made with an opposing player. Handball Clarification: Deliberate handling of the ball that denies a team of an obvious goal-scoring opportunity will result in the following: (1) A penalty kick (at the discretion of the referee) (2) A yellow or red card given to the player committing the hand ball (at the discretion of the referee).

Build Out Line: The marked line half-way between the goal box and the half line. One any goal kick, or goalkeeper possession, the opposite team **MUST** fall back behind the 'build out line.' When the ball is touched, dropped, etc, the ball is considered LIVE. Once it's live, the opposing team may enter into the attacking area.

Scoring: Goals will only be counted IF they are scored from the attacking half.

Head Balls: **ONLY** those in the U14 division may head the ball.