

# Micro (U7) Soccer Rule Summary

## The Basics:

- Teams are split into two groups/teams:
  - Coaches should try to create two reasonably balanced groups/teams.
  - Home Team 1 (HT1) and Home Team 2 (HT2)
  - Visiting Team 1 (VT1) and Visiting Team 2 (VT2).
- For the first half, HT1 vs VT1 on one field and HT 2 vs VT 2 on the other field. For the second half HT 1 and HT 2 switch fields.
- Coaches should talk about their teams before the game starts. The most important objective is for the kids to have fun. If the two “games” are relatively even, it isn’t a requirement that the Home Team groups switch fields after halftime.
- Play 4 vs 4 **[some games could be played 5v5 if both teams have a lot of players]**
- Size 3 ball
- SBSC uses goalies
- Two, 20 minute halves. Running clock. 5 minute halftime. Game should start within 10 minutes after the scheduled time.
- Kick-offs, free kicks, goal kicks/goal throws, and corner kicks are used to start play.
- After the ball is out of play, a team will kick the ball back in play **(not a throw in)**
- No offside
- No headers
- No drop kicks or punts
- Free kicks are all indirect
- No penalty kicks

## Referees:

- Coaches should be the referees. If you have a parent who is willing to understand micro rules and consistently be available to referee, that’s OK. But having the coaches ref is the best option since they know the players and can keep the game moving.

## The Players and Substitutes:

- Each team will have 4 players on the field at any given time. 3 players are “field” players and should NOT be assigned positions. The fourth player is designated goalkeeper and may use his/her hands to pick up the ball while in the goal area.
- Substitutes are permitted subject to the Referee’s prior approval, are unlimited, and may occur only when the ball is out of play (dead ball).
- Each coach should choose their own system of substituting (platooning – swapping a group of players at the same time, one at a time, etc.).
- Coaches should try to divide their teams differently each week so that the same 5 or 6 players are not always playing together.
  - Ideally, in dividing players, each of the split teams should be “balanced” in ability. If teams are not reasonably balanced, the games might be lopsided.
  - Opposing coaches should discuss how each will split their team to make sure teams are evenly matched (for example, measure by grade).

- If teams agree to split their teams into unbalanced teams (for example, all 1<sup>st</sup> graders on one team and all kindergartners on another), then the rotation described below should not be done.

### **Before Play Starts:**

- The referees will gather both teams together on one field to inspect the players' equipment (all players are REQUIRED to have shin guards and all jewelry, barrettes, etc. must be removed (earrings can be taped over) – only soft hair ties are permitted). A coin toss (or other agreeable process) will then be used to decide which team takes the kick off. The other team then gets to decide which goal they want to defend.
  - For example, if the Home Team wins the coin toss and decides to take the kickoff, then the Home Team takes the kickoff on BOTH fields, and the Visiting Team chooses the goal they wish to defend on each field.

### **Goalie Play:**

- Goalies, when defending, need to stay inside the half circle in front of the goal.
- Players (on offense) need to stop kicking the ball after the ball enters the half circle. This will give the goalie an opportunity to comfortably pick up the ball.
- After the goalie has the ball, he/she may bring the ball out to the quarterfield line and either (1) throw the ball back in play or (2) put the ball on the ground and kick it in play.
- No drop kicks or punting.

### **Some Soccer Rules:**

**It is a good idea for the referee to explain the rules before a kick or throw is taken. Give players a second chance if their first try was not correct. And explain what went wrong when kicks have to be retaken or the ball is given to the opposing team due to an error.**

Ball Out of Play: The ball is out of play when the WHOLE OF THE BALL crosses the whole touch-line (side line) or goal-line outside the goal posts.

Goals: A goal is scored when the whole of the ball crosses the goal line between the goal-posts and under the crossbar. Goals can be scored from anywhere on the field. Goals cannot be scored directly from a kick-off, goal- kick, throw-in or free kick.

Restarting the Game: Once the ball has gone out of play, play is restarted as follows:

- Ball over the touch-line (sideline): Restart with a Kick-In by the team that did not last touch the ball.
- Ball over the goal-line, outside the goal-posts, last touched by the attacking team: Restart with a Goal-Kick by the defending team. In Micro Soccer, this is taken from the quarterfield line.
- Ball over the goal-line, outside the goal-posts, last touched by the defending team: Restart with a Corner-Kick by the attacking team.
- After a goal is scored: Restart with a Kick-Off from the Center Line.

Kick-Off: Begins the game at each half and restarts play after a goal is scored. The ball is placed at the center spot on the center-line. **NEW:** The player kicking off may kick the ball back to a teammate or forward. Opponents must be a least 5 yards away and in their own half of the field.

Goal Kick: Taken by any player on the defending team including the goalkeeper to restart the game when the ball goes out of play past the goal-line and outside the goal- posts and was last touched by an attacking player. **In Micro Soccer, it is taken anywhere on the quarterfield-line. All opposing players must move behind the midfield line.**

Corner Kick: Taken by any player on the attacking team to restart the game when the ball goes out of play past the goal-line and outside of the goal-posts and was last touched by a defending player. The kick is taken in the corner area where the goal-line and the touch-line (sideline) meet) on the side of the field where the ball went out of play. Opponents must be at least 5 yards from the ball when the kick is taken. A goal may be scored directly from a goal kick.

Drop Ball: A ball is dropped by the referee to restart the game after play was stopped for “any other cause” (e.g. injury, baby loose on field, etc.). For Micro Soccer, the ball is dropped where it was last in play or at the nearest point outside the quarterfield area if it was in the quarterfield area when play was stopped. The ball must touch the ground before it can be touched by any player. Re-drop if it is touched before it touches the ground.

Indirect Free Kick: The ball must be touched by a second player, from either team, before a goal can be scored.

## **Fouls**

A player who INTENTIONALLY commits any of the following fouls shall be penalized by the award of an Indirect Free Kick to be taken by the opposing team from the place where the offense occurred. A foul is committed when a player:

- Kicks or deliberately attempts to kick or trip an opponent
- Charges an opponent in a violent or dangerous manner
- Charges an opponent from behind unless the latter is obstructing, Strikes or attempts to strike an opponent, or spits at an opponent, Holds and opponent
- Pushes an opponent
- Handles the ball (i.e. carries, strikes or propels the ball with his/her hand or arm. The key judgment for this rule is whether the contact was “hand to ball” (infraction) or “ball to hand” (no infraction)