

Sporting Columbia Recreational Rules 7v7 U8 Coed & U8 Girls

Players on the Field	6 plus a goalkeeper
Roster Maximum	14
Duration of Match	2 x 20 minute halves / 5 minute halftime
Ball Size	4
Throw-ins	Unlimited throw-ins to get it right.
Corner kicks	Corner kicks taken within 1 yard spot of corner.
Goal kicks	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.
Offside	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.
Restart	Indirect free kick for opposing team.
Substitutions	Any stoppage of play (ball out of bounds, foul, kick-off), time keeps running.
Playing time	Every player shall play a minimum of 50% of the total playing time.
Referee	One official (if available). Otherwise the two coaches act as referee and shall call the game fairly and correctly.
Slide tackling	No slide tackling. Players are permitted to slide to play a ball provided they are NOT in proximity to any other player.
Field	60x40
Coaches on the field	Coaches on the sideline unless acting as the referee
Fouls	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).
Practice	One 60-90 minute session per week
Heading the ball	NO HEADERS ALLOWED

Recreational Program/Game Day Contact:
Sarah Schneider, Assistant Director
rec@sportingcolumbia.net 573-673-1509

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