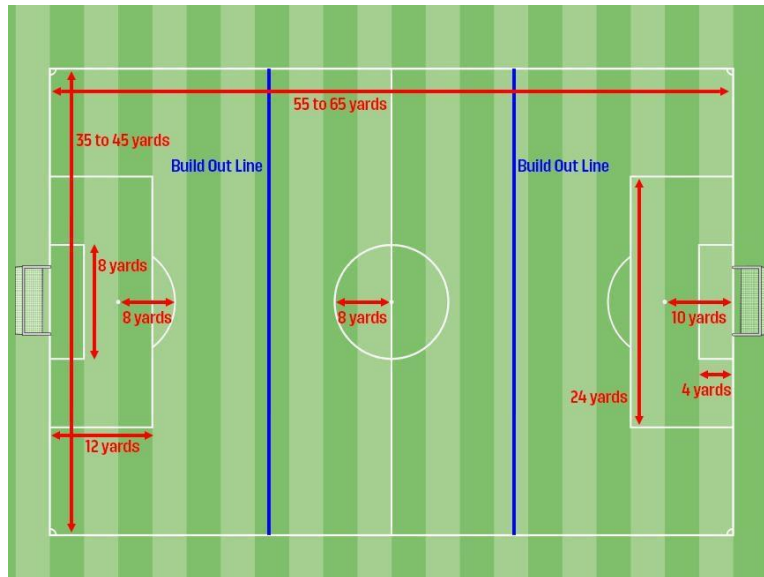




U8-U10 (7v7) Rules and Regulations

Law 1 - The Field



1. The field of play shall be rectangular, its length not more than 65 yards and its width not more than 45 yards. No one is allowed behind the goal line or goals.
2. Team Areas:
 - a. Teams should be on the same side of the field, and at least two (3) yards off the field.
 - b. Coaching areas shall be the same as the team areas.
 - c. No one is allowed behind the goal line or goals
 - d. Parents **MUST** be on the opposite side of the field to the team/coaching areas

Law 2 - The Ball

1. A size three (3) soccer ball should be used for the games in the U8 age groups. A size four (4) soccer ball should be used for the games in the U10 age groups. The ball should be properly inflated. Home team will provide 2 game balls.

Law 3 - Number of Players

1. The number of players on the field is seven (7). Including six field players and one goalkeeper.
2. The minimum number of players to start or continue a game is five (5).

*****Number of players may vary slightly each season depending on number of registered players**

Law 3 continued - Substitutions

1. At half-time or water breaks
2. When the referee has stopped play for an injured player, only if the referee gives permission.



NORTH VERMILION YOUTH ATHLETIC ASSOCIATION

3. At any dead ball situation that your team has possession of ball (throw in, goal kick, corner kick, etc...)
4. Substitutes must wait at the center line and may not enter the field until the referee instructs them to enter.

Law 4 - Players Equipment

1. A player must not use equipment or wear anything that is dangerous to himself or another player (including brimmed hats or any kind of jewelry.)
2. Jerseys – Both teams must wear different colors.
3. Players must wear shin guards covered by long socks. Shin guards cannot be worn over socks.
4. Soccer cleats are required for all players. No shoes with toe cleats – like baseball cleats. No metal cleats.
5. Goalkeeper must wear a different color shirt to distinguish themselves from the rest of the team.

Law 5 -Referees

1. A Referee will be provided for these age groups.
2. All Referee decisions are final during the game.
3. No protests shall be allowed.
4. Decisions not agreed with or considered unfair should be brought to the attention of the soccer director after the game so any action deemed necessary to prevent similar problems in the future can be addressed.

*****Disrespect or yelling at officials by coaches, players, and parents WILL NOT be tolerated. You will be removed from the premises if this happens, and an incident report will be filed with the Board of Directors.**

Law 7 - Length of Game

1. Game will consist of two (22 minute) halves.
2. Two (2) minute water breaks will be given during each half. Clock will not stop for water break.
3. A five minute half time will be given between halves.

Law 8 - Start/Restart of Play

1. Home team will choose if they want to pick side of field to defend or if they want to kickoff first.
2. Following a goal, restart with a kickoff by a player of the team losing the goal. After halftime, the teams change ends and the kickoff is taken by a player of the team opposing that which took the kickoff at the start of the game.
3. For a violation of this Law, the kick shall be retaken, except in the case of the kicker playing the ball a second time before it has been touched or played by another player: for this offense an indirect free kick is awarded to the opposing team.
4. A goal cannot be scored directly from a kickoff (directly means no one other than the kicker touches it before it goes into the goal). If the ball is kicked directly into the goal, a goal kick will be awarded
**NOTE: However, if anyone (either team) touches the ball after the kickoff, but before it goes into the goal, then the goal is good. (This includes the opposing goalkeeper.)

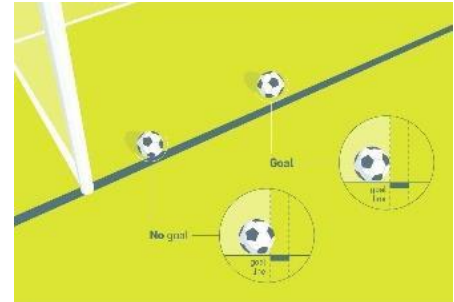


Law 9 - Ball In and Out of Play

1. The ball is out of play: when it has *entirely* crossed the goal line or touch line, either on the ground or; in the air when the game has been stopped by the referee
2. Any ball out of play over the touch line will be restarted with a throw-in, awarded to the opponents of the player who last touched the ball.

Law 10 – Determining the Outcome of Match

1. A goal is scored when it completely crosses the goal line between the goal posts and under the crossbar
2. The team scoring the greater number of goals is the winner. If both teams score no goals or an equal number of goals, the match is drawn.
3. The referee will blow his whistle several times to indicate that play is suspended for half-time breaks and the end of the game.
4. At the end of game the players from each team should line up and shake hands.
5. Score is kept on field by referees.



Law 11 - Offside

1. Offside offences will not be called in U8 games unless it is blatant “cherry picking”
2. The offside law will be applied for U10 but slightly modified according to the build out line (discussed at end of document). A player is in an offside position if he is nearer to his opponents’ goal line than both the ball and second last opponent at the time the ball is kicked by a teammate.
3. For any offside offense, the referee awards an indirect free kick to the opposing team at the site of the infringement.

Law 12 – Fouls and Misconduct

1. A foul is called if a player commits any of the following offences against an opponent in a manner *considered by the referee* to be *careless, reckless or using excessive force*:
 - charges
 - jumps at
 - kicks or attempts to kick
 - pushes
 - strikes or attempts to strike (including head-butt)
 - tackles or challenges
 - trips or attempts to trip
2. Other offences resulting in a free kick include:
 - a handball offence (except for the goalkeeper within their penalty area)
 - player holds an opponent
 - impedes an opponent with contact
 - bites or spits at someone on the team lists or a match official



NORTH VERMILION YOUTH ATHLETIC ASSOCIATION

- throws an object at the ball, an opponent or a match official, or makes contact with the ball with a held object
- 3. Handling the Ball
 - For “handball purposes,” the upper boundary of the arm is in line with the bottom of the armpit.
 - **Not every touch of a player’s hand/arm with the ball is an offence.**
 - It is an offence if a player:
 - deliberately touches the ball with their hand/arm, for example moving the hand/arm towards the ball
 - touches the ball with their hand/arm when it has made their body unnaturally bigger
 - scores in the opponents’ goal: directly from their hand/arm, even if accidental, including by the goalkeeper OR immediately after the ball has touched their hand/arm, even if accidental

****Keep in mind players at this age are still developing their coordination and basic motor skills with and without the ball, so what would be considered an “unnatural” position in an older player may be “natural” for a child at this age. Allow the referee to use their view on the field, knowledge and discretion for handball offences. With the tendency to “bunch together” at this level, there are times that multiple players are in the referee’s line of sight that cause them to miss a handball offence or other foul that you may see from your sideline point of view. Referees can only call fouls which they actually witness.*

* For an exhaustive list of fouls and misconduct containing more details, please see “Laws of the Game” which can be found at www.theifab.com

Law 13 - Free Kicks

1. All fouls are awarded *Indirect Free Kicks* except for those committed in the “box”.
2. An Indirect Free Kick is a kick, free from interference by the opposing team and from which a goal cannot be scored unless the ball is played by a second player before passing through the goal.
3. All opposing players must IMMEDIATELY retire ten (10) yards from the ball (in all directions).
4. The kicker may not play the ball a second time until another player has played the ball. The ball must spin for it to be considered in play
5. *The referee indicates an indirect free kick by raising the arm above the head; this signal is maintained until the kick has been taken. If opposing players have not retreated the required ten (10) yards, the referee may instruct the kicker to wait for the whistle at which point the referee will count off the required distance then blow the whistle to signal the kick can now be taken.*
6. All fouls committed in an opponents box will be awarded a Penalty Kick. For a Penalty Kick, all players except the player taking the kick and the goalkeeper must be outside of the penalty arc until the ball is kicked.



Law 14-The Penalty Kick

1. The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts, until the ball is kicked.
2. The players other than the kicker and goalkeeper must be outside the penalty area.
3. The kicker must wait for the referee to blow the whistle. If the ball is kicked before the whistle, the kick is retaken.
4. The ball is in play when it is kicked and clearly moves.
5. The kicker must not play the ball again until it has touched another player.
6. The penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence.

Law 15-The Throw In

1. A goal cannot be scored directly from a throw-in. If the ball enters the opponents' goal – a goal kick is awarded, if the ball enters the thrower's goal – a corner kick is awarded.
2. At the moment of delivering the ball, the thrower must stand facing the field of play, have part of each foot on the touchline or on the ground outside the touchline throw the ball with both hands from behind and over the head from the point where it left the field of play
3. If the throw in is not taken correctly or does not enter the field of play, the throw in is retaken by the opposing team

Law 16 - Goal Kick

1. When the ball has completely crossed the goal line, except through the goal, either on the ground or in the air, and was last played or touched by a player of the attacking team, it shall be kicked into play from any point inside the goal area (including the goal area lines) by the defending team.
2. All opposing players must be behind the build out line.
3. The ball does not have to leave the penalty box.
4. The goalkeeper cannot pick up the ball directly from a goal kick.
5. The kicker cannot play the ball a second time until it has been touched or played by another player. The punishment for this, except in cases where (4) applies, will be an indirect free kick awarded to the other team at the point the ball was played a second time.

Law 17 - Corner Kick

1. When the ball has completely crossed the goal line, except through the goal, either on the ground or in the air, and was last played or touched by a player of the defending team, it shall be kicked into play from the corner arc on the side of the goal on which it went across the goal line by the attacking team.
2. All opposing players must be at least ten (10) yards from the ball.
3. The ball must spin before it is considered in play. If it does not, retake the kick.
4. The kicker cannot play the ball a second time until it has been touched or played by another player. The punishment for this will be an Indirect Free Kick awarded to the other team at the point the ball was played the second time.
5. A goal CAN be scored directly from a corner kick.



Other Modifications

1. Coaches should encourage their players to become engaged in the game. They should not stand and keep players on top of the Goal and/or Penalty Areas as we want all our players to develop and have fun learning the great game of soccer.

Build Out Line

1. The build out line promotes playing the ball out of the back in a less pressured setting
2. When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team **MUST** move behind the build out line. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (*punts and drop kicks are not allowed*)
3. After the ball is put into play by the goalkeeper **AND** has been received (touched) by a teammate **OR** the ball crosses the build out line without being touched by a teammate, players may cross the build out line and play resumes as normal. The opposing team must also move behind the build out line during a goal kick until the ball is put into play **AND** has been received (touched) by a teammate **OR** the ball crosses the build out line without being touched by a teammate
4. If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred
5. The build out line will also be used to denote where offside offenses can be called.
 1. Players cannot be penalized for an offside offense between the halfway line and the build out line
 2. Players can be penalized for an offside offense between the build out line and goal line

Parental Responsibilities

1. Parents and spectators must sit opposite of team benches at least 3 yards away from the touch line. This gives players adequate room for throw ins and for referees to run along touch lines safely. Parents and spectators are not allowed to sit behind goal/goal lines or along the touch line where team benches are located.
2. Parents and other spectators must be respectful of the players, coaches and referees. They should cheer and encourage **ALL** players and should leave the coaching to the coach and the officiating to the referees.
 - a. Parents/Spectators are not to question/yell at/engage referees at any time. If you have a question about the Laws of the Game or how they are applied, we encourage you to ask your coach or contact the soccer director.
 - b. Teams and parents should not enter a field if another game is in progress.
 - c. No one should cross a field in use during a game.
 - d. Parents should help their children pick up all trash and dispose of it properly as well as reminding them to pick up their belongings after games and practices.
 - e. Parents **MUST** be on the opposite side of the field from the Coaches/Team Area!



NORTH VERMILION YOUTH ATHLETIC ASSOCIATION

**** Deliberate heading is not allowed in 7v7 games ****

If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.

If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.