

U-7 MICRO/MOD SOCCER RULES

Revised: August 2007

Rules of play are governed by FIFA, Federation Internationale de Football Association, the world governing body of soccer. Rule exceptions have been made by the **Washington State Youth Soccer Association (WSYSA)** small-sided program and the **Lower Yakima Valley Youth Soccer Association (LYVYSA)** in the U-6 through U-12 levels of play to provide an environment more conducive to teaching proper play to younger players and to address the physical and mental level of the player. LYVYSA requires all players, coaches, spectators and officials to follow the modified rules below.

The coach or designated adult should attend every practice and every game. The coach is responsible for his own behavior as well as that of his players and spectators. Coaching from the sidelines is permitted but not recommended. Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical. Spectators are requested to limit themselves to positive comments such as "Way to Go," "Good Job," "Nice Try." Coaches, parents or referees may report poor sportsmanship to the LYVYSA board.

- LAW 1: FIELD OF PLAY:** shall be a **20 x 30 yard** rectangle. Recommended goal size is 6 x 6 feet. See reverse.
- LAW 2: THE BALL:** shall be a size **3**.
- LAW 3: NUMBER OF PLAYERS:** The team roster shall be up to 6 players with **3 players** from each team on the field at a time. **SUBSTITUTIONS** shall be made by rotating every **3 minutes** with the **clock continuing to run**. See diagram on reverse for rotation pattern. **THERE IS NO GOALKEEPER AT THIS AGE. This means no one can use hands to pick up the ball.** It is not necessary for a player to guard the goal area.
- LAW 4: PLAYERS' EQUIPMENT: ALL PLAYERS SHALL WEAR SHINGUARDS.** Socks must be worn up and over the shinguards. All players shall wear the club designated uniform: jersey, socks, shorts, tennis or soccer shoes (no toe cleats). A player may not wear anything that is dangerous to other players or themselves. Jewelry, including earrings, watches and bracelets, must not be worn. A player may wear extra protective clothing against the cold as long as the team uniform is worn outermost.
- LAW 5: REFEREE:** should be trained and supervise all games. If one is not available, the coaches, by mutual agreement, may designate a referee. If one cannot be agreed upon, each coach will referee one-half.
- LAW 6: ASSISTANT REFEREES:** are not required.
- LAW 7: DURATION OF PLAY:** shall consist of **two 21-minute** halves and a 5-minute half time break. *The referee should stop the clock only for lengthy injuries.*
- LAW 8: START AND RESTART OF PLAY:** Play is started at the beginning of the first and second halves and after a goal has been scored with a kick-off. **A goal cannot be scored directly from a kick-off.** All players are on their own side of the field and the **defending players must be 6 yards from the ball.** The kicker may not play the ball again until it has been touched by another player. The ball is in play when it is kicked and moves forward. At the beginning of the first half, a coin is tossed. The team that wins the toss then decides which goal it will attack; the other team takes the kick-off to start the match. The teams will switch ends and alternate the kick-off to start the second half.
- LAW 9: BALL OUT OF PLAY:** when it has completely crossed the goal line (end of field) or the touch line (side of field), whether on the ground or in the air, or when play has been stopped by the referee.
- LAW 10: METHOD OF SCORING:** When the ball passes completely over the goal line and between the goal posts and below the crossbar, or between and below the top of the flags serving as goal posts, a goal is scored. If cones are used to mark the goals, balls which knock over the cones are not counted as goals. **No record of the score is kept.**
- LAW 11: OFFSIDE:** is when a player gains an unfair advantage by being closer to the opponent's goal than the opponents. Offside is not penalized, unless in the opinion of the referee, teams are violating the spirit of the law by one or more players staying near the goal to receive passes from teammates ("Cherry Picking").
- LAW 12: FOULS AND MISCONDUCT:** intentional fouls are rare at this age. Referees are encouraged to educate by talking to players about their fouls and misconduct. Deliberate or repetitive fouls, misconduct, and all slide tackles shall be penalized by awarding an indirect free kick to the opposing team. Fouls and misconduct (see reverse) are defined by FIFA. A soccer tackle uses the feet to get the ball away from another player. Very little body contact occurs. A legal soccer tackle does not result in players falling. A slide tackle is when a player slides on the ground with feet first to get the ball away from another player. **Slide tackling is not allowed.**
- LAW 13: FREE KICK:** shall all be *indirect* (from which a goal **cannot** be scored unless the ball has been played or touched by another player other than the kicker before passing through the goal.) All opposing players must be **6 yards** from the ball when a free kick is taken. The ball must be stationary and the kicker may not play the ball until it has been touched by another player.
- LAW 14: PENALTY KICK:** is not used.
- LAW 15: THROW-IN:** After the ball passes over the touch line, a throw-in is awarded to the opponents of the player who last touched the ball at the point where it exited the field. The player making the throw-in must face the field of play and part of each foot shall be either on the touch line or on the ground outside of the touch line. When the ball is thrown, the player must keep both feet in contact with the ground, use both hands, and deliver the ball from behind and over the head. The thrower may not play the ball again until it has been touched by another player. **Retry** is awarded at the Referee's discretion.

LAW 16: GOAL KICK: shall be used when the ball goes out of bounds over the goal line and not through the goal and was last touched by a player of the attacking team. The ball shall be returned to play by the defending team. The ball must be placed on the ground at any point within the combined goal area and penalty area, including the six yard line defining the front of the combined goal and penalty areas. The ball must pass over this line before it is playable. The kicker may not play the ball again until it has been touched by another player. **Opposing team players must be 8 yards from the ball when the kick is taken.**

LAW 17: CORNER KICK: shall be awarded when the ball goes out of bounds over the goal line and not through the goal and was last touched by a player of the defending team. The ball shall be returned to play by the attacking team. The ball must be placed within 1 yard of the corner of the field. The kicker may not play the ball again until it has been touched by another player. **Opposing team players must be 6 yards from the ball when the kick is taken.**

At the End of the Game: Opposing teams and coaches will shake hands and thank the referee for officiating.

LAW 12: FOULS AND MISCONDUCT - Fouls and misconduct for ages U6, U7, and U8 in the LYVYSA are all penalized by an indirect free kick.

An indirect free kick is awarded to the opposing team if a player commits any of the following six fouls in a manner judged by the referee to be careless, reckless or using too much force:

- kicking or attempting to kick an opponent
- tripping or attempting to trip an opponent
- jumping at an opponent
- charging an opponent
- striking or attempting to strike an opponent
- pushing an opponent

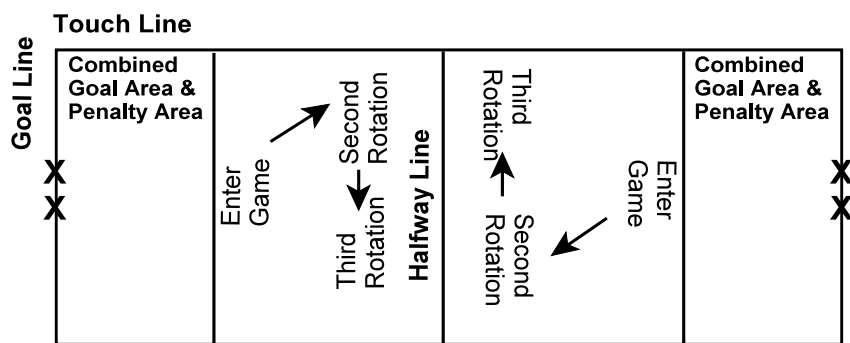
An indirect free kick is also awarded to the opposing team if a player commits any of the following four fouls:
 while tackling for the ball, making contact with opponent before contacting the ball (includes tackling from behind)
 holding an opponent
 spitting at an opponent
 deliberately handling the ball with any part of the hand or arm (except for the U-8 goalkeeper within his penalty area)

An indirect free kick is awarded to the opposing team if a U-8 goalkeeper, inside his own penalty area, commits any of the following four fouls:

- takes more than six seconds while controlling the ball with his hands before releasing it from his possession
- touches the ball again with his hands after it has been released from his possession and not touched any other player
- touches the ball with his hands after it has been deliberately kicked to him by a teammate
- touches the ball with his hands after he has received it directly from a throw-in taken by a teammate

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:
 plays in a dangerous manner
 gets in the way of an opponent while not playing the ball (previously called obstruction, now called impeding)
 gets in the way of the opposing U-8 goalkeeper who is trying to put the ball into play
 commits any other offense, not previously mentioned, for which play is stopped to caution or dismiss a player

The disciplinary system of cautionable offenses (yellow cards) and sending-off offenses (red cards) used at the older age levels of soccer should not be necessary at the U6, U7, and U8 levels. Examples of these offenses include unsporting behavior, dissent to the referee, persistently violating the rules, failing to yield 6 yards on indirect free kicks, failing to yield 8 yards on goal kicks, violence, spitting and offensive, or insulting or abusive language or gestures. Referees are instructed to educate by explaining misconduct. Players or teams that do not respond to referee education may be reported to the LYVYSA board. Coaches or spectators who violate good conduct standards may also be reported to the LYVYSA board.



U-7 Game time for each half is 21 minutes. U-7 players rotate clockwise (substitute) every 3 minutes. The game time does not stop during the rotation.

U-6 and U-7 Fields

- 20 yard width by 30 yard length
- Combined goal area & penalty area is 6 yards from goal line
- X Represents a goal or flags or cones spaced 6 feet apart