



EDMONTON MINOR SOCCER ASSOCIATION

U7 PROGRAM

(5V 5) SOCCER RULES

OUTDOOR 2020

LAW I – THE FIELD:

A. DIMENSIONS:

- THE FIELD OF PLAY SHALL BE RECTANGULAR.
- THE PLAYING AREA SHOULD BE 30 METERS BY 36 METERS
- (OR IF THERE ARE MINI FIELDS, USE WHAT YOU HAVE, THE DIMENSIONS WILL BE CLOSE. ALSO, MANY GAMES WILL BE PLAYED WITHIN OR ACROSS STANDARD FIELDS)

B. MARKINGS:

1. DISTINCTIVE LINES ARE NECESSARY, SIDELINES AND END-LINES.
2. A HALFWAY LINE CAN BE MARKED OUT ACROSS THE FIELD OR OTHERWISE INDICATED.
3. MARKS THAT SHOULD APPEAR ON THE FIELD OF PLAY:
 - a. A CENTER CIRCLE
 - b. A GOAL HALF CIRCLE OR RECTANGLE FOR THE GOAL CREASE.
 - c. A HALF WAY MARKER.

C. GOALS:

1. GOAL SIZE SHOULD BE 5 FEET TALL BY 8 TO 10 FEET WIDE. OR CONES, FLAGS OR POSTS
2. GOAL MOUTH SHOULD BE 15 FEET FROM THE CENTER OF THE GOAL, AND MADE INTO A HALF CIRCLE SURROUNDING THE NET. (OR ACTUAL FIELD DIMENSIONS WHEREVER POSSIBLE). ALSO A RECTANGLE MAY BE USED. 15 FEET OUT AND 10 FEET FROM EACH GOAL POST.
3. THE NET CAN BE MADE OF CONES, FLAGS OR PORTABLE NETS. AS LONG AS THEY ARE THE SAME FOR BOTH SIDES.
4. THE CENTER LINE SHOULD HAVE A CIRCLE 15 FT IN DIAMETER.

LAW II- THE BALL:

THE BALL SHOULD BE SIZE 3

LAW III- NUMBER OF PLAYERS:

- A.** NUMBER OF PLAYERS ON THE FIELD AT ANY TIME WILL BE 10. EACH TEAM WITH 4 PLAYERS AND 1 GOAL KEEPER.
- B.** MAX ROSTER SIZE IS 14 PLAYERS.
- C.** SUBSTITUTIONS: DURING ANY STOPPAGE OF PLAY AND AS MANY PLAYERS AS THE COACHES WANT.
- D.** PLAYING TIME: EACH PLAYER SHALL PLAY AN EQUAL AMOUNT OF THE TOTAL PLAYING TIME (WHENEVER POSSIBLE).
- E.** TEAMS AND GAMES MAY BE CO-ED (GIRLS CAN PLAY ON A BOYS TEAM)
- F.** GOALKEEPERS MUST WEAR COLOURS WHICH ARE DISTINGUISHABLE FROM THOSE OF OTHER PLAYERS. THE GOAL KEEPER MAY WEAR GLOVES AND TRACKSUIT TYPE PANTS IF DESIRED.
- G.** A PLAYER MUST NOT WEAR ANYTHING THAT IS DANGEROUS INCLUDING ANY KIND OF JEWELLERY.

LAW IV – PLAYERS EQUIPMENT:

- A.** FOOTWEAR: TENNIS SHOES OR SOFT-CLEATED SOCCER SHOES (USE COMMON SENSE).
- B.** SHIN-GUARDS- MANDATORY
- C.** JERSEY- SUPPLIED BY ORGANIZATION. TRY TO HAVE EVERYONE IN THE SAME UNIFORM INCLUDING SOCKS, AND SHORTS WHENEVER POSSIBLE
- D.** IN THE CASE WHERE BOTH TEAMS HAVE THE SAME JERSEYS, THE HOME TEAM WILL NEED TO CHANGE OR WEAR PINNIES.
- E.** RELIGIOUS APPAREL IS ALLOWED AS LONG AS IT DOES NOT POSE A DANGER TO THE PLAYER OR OTHERS AROUND THEM. (PLEASE USE COMMON SENSE AND CONTACT THE OFFICE IF YOU HAVE CONCERNS)
- F.** IN THE CASE OF POOR WEATHER PLAYERS MAY WEAR ATTIRE TO KEEP THEM FROM THE ELEMENTS AS LONG AS IT DOES NOT POSE A HARM TO THEM OR TO OTHER PLAYERS (SWEATS, LONG SWEATSHIRT)

LAW V- REFEREE

1 COACH FROM EACH TEAM WILL REFEREE/COACH THE TEAM FOR THE DURATION OF THE GAME.

LAW VI – LINESMEN: NO LINESMEN AT THIS LEVEL

LAW VII- DURATION OF GAME:

- A. THE GAME WILL CONSIST OF TWO 25 MINUTE HALVES.
- B. THERE SHALL BE A FIVE-MINUTE BREAK IN BETWEEN HALVES.

LAW VIII – THE START OF PLAY/SIDE OF FIELD:

- A. PLAYERS AND PARENTS WILL BE ON THE SAME SIDE OF THE FIELD. THE OTHER TEAMS PARENTS AND PLAYERS WILL BE ON THE OPPOSITE SIDE OF THE FIELD. THE HOME TEAM WILL PICK WHICH SIDE THEY DESIRE.
- B. THE START OF PLAY WILL BEGIN WITH THE AWAY TEAM TO FIRST KICK OFF. THE SECOND HALF WILL BEGIN WITH THE HOME TEAM KICKING OFF.
- C. THE DEFENDING TEAM SHALL BE 15 FEET AWAY; OUTSIDE THE CENTER CIRCLE ON THEIR HALF.
- D. THE BALL CAN BE PLAYED FORWARD OR BACK AND CAN ONLY BE TOUCHED ONCE BY THE PLAYER PUTTING IT INTO PLAY. ONCE ANOTHER PLAYER TOUCHES THE BALL THEN IT IS FAIR GAME. IF THE SAME PLAYER TOUCHES IT TWICE FROM THE KICKOFF THE KICKOFF IS RETAKEN.

LAW IX – BALL IN AND OUT OF PLAY:

- ANY BALL PLAYED OUT OF BOUNDS, SHALL BE AWARDED TO THE OPPOSITE TEAM THAT TOUCHED THE BALL LAST. A THROW IN WILL BE AWARDED.

LAW X – METHOD OF SCORING:

- A. GOALS WILL BE AWARDED WHEN THE WHOLE OF THE BALL HAS CROSSED THE GOAL LINE BETWEEN THE GOAL POSTS (PYLONS, FLAGS, NO HIGHER THAN 6 FEET IF NO FULL NETS ARE USED).
- B. **GOALS CAN BE SCORED WITHIN THE PENALTY AREA**
- C. GOALS MAY NOT BE SCORED DIRECTLY OFF OF RESTARTS OR FREE KICKS

LAW XI – OFF-SIDE: THERE WILL BE NO OFF-SIDES.

LAW XII – FOULS AND MISCONDUCT:

- KICKS OR ATTEMPTS TO KICK AN OPPONENT
- TRIPS OR ATTEMPTS TO TRIP AN OPPONENT
- CHARGES AN OPPONENT
- STRIKES OR ATTEMPTS TO STRIKE AN OPPONENT
- HOLDS AN OPPONENT
- PUSHES AN OPPONENT
- HANDLES THE BALL DELIBERATELY
- TACKLES AN OPPONENT BY MAKING CONTACT WITH THE OPPONENT

- A.** ALL FOULS WILL RESULT IN AN INDIRECT FREE KICK WITH THE OPPONENTS 18 FEET AWAY. WHEN THE INFRACTION IS COMMITTED BY THE DEFENDING TEAM INSIDE THEIR PENALTY AREA; FREE KICKS OR FOULS WITHIN THE PENALTY AREA SHALL BE AN INDIRECT FREE KICK TAKEN FROM A SPOT ON THE OUTSIDE OF THE PENALTY AREA DIRECTLY FROM THE MIDDLE OF THE NET, BY THE NON-OFFENDING TEAM
- B.** THE COACHES SHALL EXPLAIN ALL INFRACTIONS.
- C.** PLAYERS CONTINUALLY BEING AGGRESSIVE WILL BE SUBSTITUTED FOR ANOTHER PLAYER IN ORDER FOR THE COACH TO EXPLAIN THE CALL AND TO GIVE THE PLAYER TIME TO CALM DOWN OR THINK. THE PLAYER MAY RETURN AFTER THE CONVERSATION BUT IT IS RECOMMENDED THAT THEY HAVE A 5 MINUTE “TIME OUT”.

LAW XIII – FREE KICK:

- A.** SHALL BE CLASSIFIED UNDER - **INDIRECT**
- B.** INDIRECT MEANS THAT THE BALL MUST TOUCH A SECOND PERSON PRIOR TO IT ENTERING THE NET AND COUNTING AS A GOAL. IN OTHER WORDS IF A FREE KICK IS AWARDED AND THE PLAYER KICKS THE BALL DIRECTLY INTO THE NET AND IT DOES NOT TOUCH A SECOND PERSON ON EITHER TEAM THEN THE GOAL DOES NOT COUNT AND WILL RESULT IN A GOAL KICK.
- C.** IF A FREE KICK IS AWARDED IN THE DEFENDING ZONE TO THE DEFENDING TEAM THE RETREAT LINE RULE COMES INTO EFFECT AND ALL PLAYERS MUST RETREAT TO THEIR HALF.

LAW XIV – PENALTY KICKS:

- NO PENALTY KICKS AWARDED. WHEN THE INFRACTION IS COMMITTED BY THE DEFENDING TEAM INSIDE THEIR PENALTY AREA. FREE KICKS OR FOULS WITHIN THE PENALTY AREA SHALL BE AN INDIRECT FREE KICK TAKEN FROM A SPOT ON THE OUTSIDE OF THE PENALTY AREA DIRECTLY FROM THE MIDDLE OF THE NET, BY THE NON-OFFENDING TEAM

LAW XV – THROW-IN:

- A.** THROW-INS WILL OCCUR WHEN THE BALL IS FULLY PUT OUTSIDE OF THE PLAYING AREA (SIDE-LINES).
- B.** THE BALL WILL BE PUT INTO PLAY, BY THE PLAYER, WITH BOTH HANDS ON THE BALL. THE BALL WILL BE PUT BEHIND THE HEAD THEN PROPELLED INTO THE FIELD OF PLAY. FOR SOME PLAYERS THIS WILL BE THEIR FIRST TIME THROWING THE BALL IN THIS MANNER, COACHES/ REFEREES ARE ASKED TO BE LENIENT, AND HELP OUT THE PLAYERS SO THAT THEY MAY DEVELOP PROPER TECHNIQUES.
- C.** THE SAME PLAYER CANNOT TOUCH THE BALL TWICE IN A ROW IF HE/SHE IS PUTTING IT INTO PLAY. IF THIS OCCURS THEN AN INDIRECT KICK WILL BE AWARDED TO THE NON-OFFENDING TEAM WHERE THE INFRACTION OCCURRED.
- D.** NO GOAL CAN BE SCORED ON A THROW-IN.

LAW XVI - GOAL KICKS:

- GOAL KICKS: OCCUR WHEN THE ATTACKING TEAM PUTS THE BALL FULLY ACROSS THE DEFENDING TEAM'S (END) LINE. THIS WILL RESULT IN THE GOALKEEPER OR ANY OTHER PLAYER KICKING THE BALL FROM **ANYWHERE** IN THE GOAL AREA.
- ON THE GOAL KICK THE OPPOSING TEAM IS REQUIRED TO MOVE BEYOND THE RETREAT LINE. THE PLAYER TAKING THE KICK CAN THEN PASS THE BALL TO ONE OF HIS/HER TEAM-MATES WITHOUT THE PRESSURE OF AN OPPOSING PLAYER NEARBY. WHEN THE BALL IS TOUCHED BY A 2ND PLAYER, THE PLAY WILL RESUME AS NORMAL AND THE "OPPOSING" TEAM CAN MOVE INSIDE THE RETREAT LINE. IF THE BALL CROSSES THE RETREAT LINE THE BALL IS IN PLAY AND CAN BE CHALLENGED.
- THE PLAYER TAKING THE GOAL KICK MUST NOT PLAY OR TOUCH THE BALL A SECOND TIME BEFORE IT HAS BEEN PLAYED OR TOUCHED BY ANOTHER PLAYER.
- IF THE BALL IS TOUCHED A SECOND TIME BY THE KICKER, OR ANOTHER PLAYER TOUCHES THE BALL BEFORE IT HAS LEFT THE GOAL AREA, THEN THE TEAM WILL RE-TAKE THE GOAL KICK. IF THE ATTACKING PLAYERS CHALLENGE THE GOAL KICK WITHIN THE DEFENDING TEAMS HALF THEN THE GOAL KICK IS RE-TAKEN.

LAW XVII- CORNER KICK:

- A CORNER KICK WILL BE AWARDED WHEN THE DEFENDING TEAM PUTS THE BALL FULLY ACROSS THEIR END LINE. THIS WILL RESULT IN A KICK BEING TAKEN AT THE CORNER CLOSEST TO WHERE THE BALL EXITED THE PLAYING AREA.
- THE PLAYER TAKING THE CORNER KICK MUST NOT PLAY OR TOUCH THE BALL A SECOND TIME BEFORE IT HAS BEEN TOUCHED BY ANOTHER PLAYER. IF THIS OCCURS THEN AN

INDIRECT KICK TO THE NON-OFFENDING TEAM WILL BE AWARDED AT THE LOCATION OF THE INFRACTION.

- **NO GOALS CAN BE SCORED DIRECTLY FROM A CORNER KICK. IT MUST TOUCH ANOTHER PLAYER BEFORE IT ENTERS THE NET.**

LAW XVIII - THE GOALKEEPER:

- THE GOALKEEPER IS ABLE TO USE HIS/HER HAND WITHIN THE GOAL AREA . A GOALIE CANNOT PICK UP A BALL THAT IS DELIBERATELY PASSED TO THEM BY A TEAMMATE. A GOALKEEPER **CAN** PICK UP THE BALL IF IT IS PASSED TO THEM BY A TEAMMATE BY HEADING, SHIN, THIGH, OR CHEST.
- THE GOALKEEPER WILL HAVE 5 SECONDS TO RELEASE THE BALL, AND WILL NOT BE ABLE TO PICK THE BALL UP AGAIN UNLESS IT IS TOUCHED BY AN Oponent.
- IF THE GOALKEEPER INFRINGES ON THE ABOVE RULES THEN AN INDIRECT KICK WILL BE TAKEN FROM A SPOT ON THE OUTSIDE OF THE PENALTY AREA DIRECTLY FROM THE MIDDLE OF THE NET. DEFENDING PLAYERS MUST BE 18 FEET AWAY OR UNTIL THE GOAL LINE (THIS IS IF THE INFRACTION OCCURS 5 FEET FROM THE NET. THAT WAY THEY CAN ALL STAND ON THE GOAL LINE).

RETREAT LINE- HALFWAY LINE

- THE RETREAT LINE WILL COME INTO EFFECT IN TWO SITUATIONS DURING THE GAME:
 - GOAL KICK
 - FREE KICK TO THE DEFENDING TEAM WITHIN ITS OWN GOAL AREA

AT THESE TWO RESTARTS, THE OPPOSING TEAM IS REQUIRED TO MOVE BEYOND THE RETREAT LINE. THE PLAYER TAKING THE KICK CAN THEN PASS THE BALL TO ONE OF HIS/HER TEAM-MATES WITHOUT THE PRESSURE OF AN OPPOSING PLAYER NEARBY. When the ball has left the goal area, the play will resume as normal and the “opposing” team can move inside the Retreat Line.

- THE RETREAT LINE WILL BE THE HALFWAY LINE.

RECOMMENDATIONS:

- BOTH TEAMS SHOULD SHAKE HANDS AFTER THE GAME.

