

# 7 vs. 7 Soccer Rules & Information

## Girls 5th and 6th Grade



### 1. Time Frame:

- Games will consist of four 12-minute quarters, a 1-minute break between quarters, and a 3-minute half-time.
- Each team is allowed two timeouts per half (30 seconds each). Timeouts can only be called on a throw-in when your team has possession of the ball.

### 2. Information:

- Each team will have seven players on the field at a time. If a team has less than 4 players present, they must forfeit. If a team is lacking players, please work together to make semi-even teams between the two and play a scrimmage game or play 6 vs 6.
- All team members must play equal amounts of time; have a parent help with substitutions.
- The home team, as listed on the schedule, will start the game with kick-off. Teams will switch sides after half-time.

### 3. Rules:

- **Offside penalties will not be called during 7 vs. 7 play.**
- **Direct Kick:** is awarded to the opposing team if a player commits a careless or reckless offense (ex: pushes, tackles, trips, touches the ball with their hands, or holds an opponent). A direct kick is taken from where the offense occurred. A goal may be scored directly from a direct free kick (penalty kick, corner kick, drop ball, kick-off, goal kick, or goalkeeper's throw or kick).
- **Indirect Kick:** is awarded to the opposing team if a player plays in a dangerous manner, impedes the progress of an opponent, and prevents the goalkeeper from releasing the ball from their hands. An indirect kick is taken from the place where the offense occurred. A goal may **not** be scored directly from an indirect kick (a throw-in or free kick).
- **Substitutions** can be made by any team on any throw-in, goal kick, corner kick, kick-off, or stoppage of play by a coach. The player substituting must be off the field prior to another player entering. A penalty kick will be assessed for too many players on the field.
- **Mercy Rule:** The coach whose team is down 0-8 has the option of continuing the game or calling the game.
- **Yellow and Red Cards:** Yellow will be a firm warning. When a player receives a yellow card, they must sit out for two minutes, and their team will be down a player. Red will result in an ejection.

### 4. Equipment:

- All players must wear league jerseys and shin guards. Cleats are optional (no metal or sharp cleats).
- Have players remove any jewelry or hats before playing.
- Grades 5th & 6th will use a **size 5** soccer ball.