

# 7 v 7 CYS Soccer Rules

## Number of Players on Field:

- 7v7 including Goalkeeper (GK) [6 Fielders, 1 Goalkeeper]
- Minimum: 5 players including goalkeeper

**Field Dimensions:** Approximately 60 yards x 40 yards

**Throw-ins:** Yes

**Heading:** Only allowed in U13 and U18.

## Team Areas:

- **Player & Coach Sideline:** Coaches will be expected to stay within the designated team area. The designated area is between midfield and the build out line on the team's bench side. Coaches will not be able to roam the field or around the field.  
\*ONLY rostered players and officials allowed in the bench areas.
- **Parent/Spectator Sideline:** \*Expected to sit/stand on half of field directly opposite their team's players and coach(es)

## The Field

- **Dimensions:** approx. 60 yards long and 40 yards wide. The field should have two build out lines located equidistant from top of penalty area and center circle.
- **Goals:** 6 ½' high x 18' wide

## The Ball

- Size 4 ball for U10 and U13. Size 5 ball for U18.

## Number of Players

- Maximum number of players per team on the field at one time is seven, including GK.
- Minimum number of players per team on the field is five (5), including the GK.
  - If there are females on the pitch, then the opposing team must play their females at the same time. If the team does not have enough females, the team without females will play a man down for every female that is on the pitch. The minimum a team can play down to is 5. Example: Team A has 3 girls and 4 boys on the field. Team B does not have any girls, then Team B will play with 5 Players. If playing time is not equal. Recruit more girls. This will prevent a team from being all boys. We are a COED League and always will be!!!!
  - In the case of a penalty kick, the person taking the kick must be of the same gender as the person who was fouled originally. (Example: a female is fouled in the penalty area, the penalty kick must be taken by a female)
- Substitutions will be made every 8 minutes. There will be 6 total shifts. All players must play equal shifts unless they are an all-boys team. Then, the shifts must not be distorted. No one can play 4 shifts while one plays 1 shift. There cannot be more than 1 shift deferential between players.

## Players' Equipment

- **Uniforms:** Players are required to wear the league issued socks, shorts, and jersey at all games.
- Players not wearing the league issued uniform, will not be able to play.
- In case of chilly weather, the uniform may be worn as the top layer.
- Players must not use equipment or wear anything dangerous to themselves or another player. This includes but not limited to: watches; rings; earrings; nose rings; bracelets; necklaces; hair beret clips; etc. EXCEPTIONS include medical bracelets which must be taped down.
- **Shin guards:** Players must wear shin guards covered by long socks.

- Footwear: Soccer cleats recommended, not required. No shoes with toe cleats (baseball cleats). No metal cleats.

### **Duration of the Game / Playing Time**

- All ages 2 x 24 min. halves. There will be three shifts of 8 minutes per half. No additional time will be added for players running on and off the field.
- Half time should be no more than 2 minutes

### **Starting the Game**

- Home team will kick off to start the game.
- Kickoff occurs at the start of each half and after each goal. Opposing team must be outside center circle on their half of field.
- Kickoff - ball is in play when it is kicked and clearly moves in any direction, including backwards.
- After halftime, the teams change sides and kickoff is taken by the team who did not take the kickoff at the start of game.

### **Ball In and Out of Play**

- If whole ball crosses either sideline, then it is out of bounds and game should restart with a throw-in for the other team

### **Method of Scoring**

- The entire ball must travel over the goal line, inside of the goal.

### **Off-Side**

- Offside will be called is the offensive player is in the final third of the field before the ball is kicked or dribbled across the build up line.
  - No offside directly from a throw in
  - No offside directly from goal kick
  - No offsides on a corner kick

### **Fouls and Misconduct**

- **No punting:** if a goalkeeper punts (volley or ½ volleys the ball from hands), the other team shall be awarded a direct free kick on the center spot (half way line). Restart with indirect free kick.
- **Heading:** Only allowed in U13 and U18.
- **Slide tackling:** No slide tackling or sliding under any condition. A slide tackle or sliding will be an immediate yellow card. A second slide tackle or slide will be an immediate Red Card.

### **Build Out Line/Rule**

#### Goal Kick:

- All opposition players must retreat behind build-out line. They can only cross the build out line after the goal kick is played **and it has been received or the ball crosses the build out line**. Play then resumes as normal.
- Ball can be received inside penalty area by possession team on goal kick.

### **Goalkeeper Possession**

- All opposition players must be behind build-out-line when the ball is the goalkeeper's hands. They can only cross the build out line when the ball has left the goalkeepers hands. **after the goalkeeper has passed**

**the ball to a teammate and it has been received or the ball crosses the build out line.** Play then resumes as normal.

The offense team can play at their pace and can quickly play the ball out prior to the defense getting behind the build out line.

### **Free Kick**

- All Kicks will be direct free kicks.
- Opponents must be 8 yards from the ball.

### **Penalty Kick**

- Taken from 8 yards out
- Goalkeeper must have at least one foot on the goal line when the ball is struck

### **Corner Kick**

- Awarded when ball crosses goal line, except through the goal, and was last played or touched by a defending player. Attacking team to take corner from same side of the goal on which it went across the goal line.
- Opponents must be 8 yards from the ball.

### **Overtime and Shootouts**

- Playoff games ending in a tie will go straight to penalty kicks.
- 5 players that were on the field at the end of the regulation game, will be selected by the coach to shoot.
- The coach must provide the referee with the players' numbers in order of who will participate.
- The goalkeepers will be the same as the goalkeepers from the end of the regulation game.
- No switching goalies during the shootout.
- Each team has a total of 5 penalty kicks and will alternate each shot. No rebounds are allowed. Goalies can be one of the 5.
- The kicker must wait for the official to start the play on each kick.
- If the score is tied at the end of the shootout, a sudden death shootout will be held, with 5 new players from either the field or bench. The coach must provide the numbers to the referee in the order of shooters.
- A player may not shoot twice. The only way this will occur is if all players have taken a penalty shot.

