

Rules for 7 Aside Spring 2018 U10-U18

Will use standard FIFA rules except as follows:

U10 will play 8v8

U18 will play 6v6

1. No punts, drop kicks or throws from the goal keeper past half way in the air are allowed. Ball must hit ground prior to going past the half way line. (Penalty - opposing team awarded an indirect kick from half line at the point where the ball crossed).
2. Goal kicks are taken 1 yard from end line. The ball can go across midfield without penalty. U10 can kick from the top of the goal box.
3. No offsides
4. Defensive penalty inside goal box
 - a. Direct – Penalty kick - Ball is place mid-point at the top of the goal box. (Other players must be 8 yards away when ball is kicked.)
 - b. Indirect – Indirect kick - Ball is placed on nearest point on the goal box line.
5. Use of recreational players only.
 - a. If a team is short then team can barrow players from the opposing team.
6. Substitution
Substitution is on the fly. Players must enter and leave at approximately the same time at the half way line or in front of their bench. Substituting other than this to gain a tactical advantage is unsportsmanlike conduct. An indirect kick is awarded at the spot of the infraction closest to the opposing team's goal.
7. No sliding tackles (if only contact with ball is made, indirect kick: if contact with the opposing player, direct kick).
8. 25 minutes halves. Note: both coaches can agree to play 20 minute halves.
9. Defensive players will need to be at least 8 yds away on any type of free kick.
10. Field – U10 Sized with a 40x20 goal box

11. U10 and U12 players are not allowed to intentionally head the ball. It will be treated as a dangerous play. The other team will receive indirect free kick.