

U09 / U10 – 7v7 Rules

Roster Size

No more than 12 players should be on the roster.

Heading

Deliberate heading is NOT allowed in 7v7 games.

If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.

If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

Build Out Line

The build out line promotes playing the ball out of the back in a less pressured setting.

When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play.

Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (**punting is not allowed**).

After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.

If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.

If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

Offsides

The build out line will also be used to denote where offside offenses can be called.

Players cannot be penalized for an offside offense between the halfway line and the build out line.

Players can be penalized for an offside offense between the build out line and goal line.

Modified laws of the Game

Law 1 - Field of Play

- 55-65 yards (length)
- 35-45 yards (width)
- Goals are recommended to be 6.5 x 18.5 but goals should not be any larger than 7 x 21.
- Build out lines should be **equidistant** between the **penalty area line** and **halfway line**.
- Players should be 8 yards away from all free kicks.

Law 2 – Ball

- Size 4

Law 3 – Players

- 7v7 (6 field players and 1 goalkeeper)
- Game may not start or continue if there are less than 5 players on a team.
- Substitutions are unlimited and can occur at any stoppage.

Law 5 – Referee

- Minimum certification as a U.S. Soccer Grade 9 Referee

Law 6 – Other Match Officials

- Used at the discretion of the competition

Law 7 – Duration of the Match

- 2 halves
- 25 minutes halves
- 5 minute halftime
- No added time

Standard Laws of the Game

Law 4 – Players' Equipment

Law 8 – Start and Restart of Play

Law 9 – Ball In and Out of Play

Law 10 – Method of Scoring

Law 11 – Offside

Law 12 – Fouls and Misconduct*

Law 13 – Free Kicks

Law 14 – Penalty Kicks

Law 15 – Throw-in

Law 17 – Corner kick

*With the exception of deliberate heading and punting