



U7 Boys Rules of Play

#1 RULE - HAVE FUN!!!!!!

Fields – 20 yards wide and 34 yards long

Ball size – 3

Players on field – 4 v 4 (NO goal keeper, NO coaches standing in net)

Playing time – equal playing time for all players, sub every 2 minutes “on-the-fly”

Equipment – soccer cleats/turf shoes and shin guards are mandatory

Teams – split your team in two (home and away), away team travels across (east-west) to play opponent and then switch for 2nd game and play other half of scheduled opponent. Mix your teams up every week – different players and different coaches. You will need 4 parents each weekend per team helping out (youth coaches do not attend games, but you will have one on-field facilitator – Coach Stephen).

Game time – two (2) 20-minute games with 5 minute warm-up at the start (horn blowing will be provided)

11am-11:05am – Warm-up (triple horn blow to signal end of warm-up and get team divided into home/away)

11:10am-11:30am – Game 1 (double horn blast to signal start of game, single horn blast to signal end of game, handshake and rotate opponent)

11:35am-11:55am – Game 2 (double horn blast to signal start of game, single horn blast to signal end of game, handshake and move off field)

11:55am-12:00pm – field takedown. All U7 parents must remove the cones and nets off field and into green bin (U8s put up the fields for you to play on).

NOTE: There is always a game (U18 Boys) starting at 12:15pm on Boyd Blue, so parents and players will need to clear the field and move off as quickly as possible.

Scoring – score from anywhere, no offside. **No need to rack up the score – this is NOT the World Cup and no scores are reported.** Encourage passing, team work and sportsmanship. If the goal differential reaches 3, then the leading team should cease scoring and work on passing and skill development until the differential decreases.

Kickoff – all players in own half, opponents retreat 5 metres (at start of game and after goal)



Ball out of bounds on end lines/sidelines – coach to roll a ball back in play (no throw-ins, corner kicks or goal kicks)

Fouls – indirect free kick to other team for tripping, punching, kicking, tackling from behind, handball (obvious). Coach to sub player off and instruct if bad foul play.

Free kicks – all indirect. Opponents retreat 5 metres. No penalty kicks.

Referees – none provided, coaches act as on-field facilitators

End of game – 3 cheers and team line “good game” hand shake. Cold and flu season we recommend “high elbows” (instead of high-fives)