**Simplified Soccer 7 vs 7 Rules**

**The Field**

The soccer field is 70 yards x 50 yards.

**The Ball**

Players use a size 4 ball for 7v7 games.

**The Number of Players**

Each team shall have no more than 14 players on the roster.

The maximum number of players on the field for each team shall be no more than 7, one of whom must be a sweeper/keeper with a different color pinny or jersey.

**Substitutions**

Substitutions are done on the fly but must enter the field at the half-way line.

**The Players’ Equipment**

Each player must wear a jersey, shorts, shoes, shinguards and socks. Shinguards are required for practice sessions and games. Socks should cover the shinguards. No jewelry or watches are permitted.

**The referee**

One referee will oversee the game.

**The Length of the Game**

The game lasts two equal periods of 25 minutes. The halftime interval shall be 5 minutes.

**The Start of Play**

A coin toss determines which team kicks off to start the game. The winner can chose either to kick first or chose the end they wish to defend first.

The kick-off is used at the beginning of each half and after a goal is scored.

The team that is scored against gets to take the kick-off. A kick-off is properly taken when each team starts in its own half of the field with the defensive team at least five yards from the ball. After the referee blows his whistle or gives some other signal, the ball is in play when it is kicked and moves forward, sideways or backwards. The kicker may not touch the ball a second time until it has touched another player.

In 7v7 mod soccer, a goal can be scored directly from a kickoff.

**The Ball In and Out of Play**

The ball is out of play when the whole ball crosses a boundary whether on the ground or in the air. The ball is also out of play when the game is stopped by the referee. The ball is in play at all other times.

The ball is kicked back into play if it goes out of bounds on the sideline.

**The Method of Scoring**

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar.

**Offside** The offside rule is not used in 7 v 7 soccer.

**Fouls**

A direct free kick is awarded if a player is guilty of of a dangerous play such as tackling a player or a hand ball.

An indirect free kick is awarded if a player is guilty of a less severe foul such as impending progress of a player.

**Free Kicks**

Free kicks in mod soccer are either Direct Free Kicks or Indirect Free Kicks.

Direct Free Kicks = when the ball is put into play, it may be kicked directly into the opponent’s goal. Indirect Free Kicks = when the ball is put into play it must. touch another player (teammate or opponent) before a goal may be scored.

**The Penalty Kick**

Penalty kick are awarded in mod soccer.

**The Goal Kick**

A goal kick is awarded when the whole of the ball, having last touched a player of the attacking team, crosses over the goal line outside of the goal.

The goal kick may be taken from any spot within the goal area.

Opponents must be outside the area and at least five yards from the ball. They must remain outside the area until the ball is played and leaves the goal area.

The kicker may not touch the ball a second time until it has touched another player.

A free kick is awarded to the other team if there is a second touch infraction. If the ball is kicked and does not leave the goal area, the kick is retaken.

**The Corner Kick**

A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, crosses over the goal line outside of the goal. The ball is placed one step from the corner flag. The ball is in play when it is kicked and moves.

**RESTRICTIONS ON THE GOALKEEPER**

An indirect free kick is awarded to the opposing team if the goalkeeper, inside his own penalty area, commits any of the following offenses:

• Takes more than six seconds to distribute a ball with his hands.

• Touches the ball again with his hands after it has been released from his possession and has not touches any other player.

• Touches the ball with his hands after it has been deliberately kicked to him by a team-mate.

• Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate.