

# SUAR

## Playing Rules

### Soccer - U7 (Ages 4 ½ to 6)

**1 - The ball:** Size four (4)

**2 - Number of players:**

- A. Maximum number of players on the field at any one time is (5) players. No goalies.
- B. Maximum number of players on the roster should not exceed (10-12), minimum (8)
- C. Playing time: Each player SHALL play a minimum of 50% of the total playing time
- D. Team rosters maybe coed
- E. Players for each game should have a balance of both boys and girls to achieve a moderate skill level on the field at any given time. Please do not put all of the best players on the field at once.
- F. Substitutions: Prior to throw-in, in your favor. Prior to goal kick, by either team. After a goal, by either team. After an injury, by either team, when referee stops the play, at quarters, and at half time.

**3 – Players equipment:**

- A. Footwear: Tennis shoes or soft-cleated soccer shoes.
- B. Shin guards: Are MANDATORY.
- C. Goalkeeper must wear colors, which distinguish him from the other players (scrimmage vest)

**4 – The Referee:** Parent/Coach or Assistant

**5 - Duration of the game:** The game shall be divided into (4) equal (10) minute quarters. There shall be a (2) minute break between quarters and a (15) minute break at the half. The half time break will be used for devotions time for each team.

**6 - The start of play:** Conform to FIFA.

**7 – Ball in and out of play:** Conform to FIFA

**8 – Method of scoring:** Conform to FIFA

**9 – Off sides:** No off sides will be called. Coaches should not use this rule to their team's advantage.

**10 – Fouls and Misconduct:** Conform to FIFA, with the following exceptions: No cautions or ejections shall be issued. The referee may ask the coach to remove player for a designated time as determined by referee.

**11 – Free kicks:** Conform to FIFA, with the following exception: Opponents must be (9) feet away before kick is allowed. No kicks shall be taken by the attacking team within the defending team's goal box.

- A. Shall typically be classified under one heading: INDIRECT.
- B. Any of the following are **Direct Free Kicks** outside the penalty box:
  - 1. Kicking or attempting to kick opponent
  - 2. Tripping or attempting to trip opponent
  - 3. Striking opponent or attempting
  - 4. Pushing
  - 5. Tackling
  - 6. Holding
  - 7. Handles the ball deliberately

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**12 – Penalty kicks:** No penalty kicks are to be taken.

**13 – Throw-in:** If throw-in is used, a second attempt may be allowed if the player commits a foul on the initial attempt. The referee shall explain the proper method before allowing the player to re-throw. Opponents must be (6) feet away from the ball.

**14 – Goal kick:** Conform to FIFA. Opponents must be (6) feet away from the ball.

**15 – Corner kick:** Conform to FIFA, with the following exception: Opponents must be (6) feet away from the ball.

**16 – Headers are not allowed:**

- A. **At no time is a header to be coached or encouraged during games or practice.** This is against the rules at FPC and US youth soccer.
- B. When a player deliberately heads the ball in a game, an indirect free kick (IFK) 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 point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

**Other rules / recommendations:**

- 1. Home team will open the game with prayer
- 2. Opposing parents / coaches and players should shake hands after each game.
- 3. Coaches or referees will not keep track of the score during the game.
- 4. Coaches and referees are encouraged to teach while using slight corrections during the game, but keep in mind that this is not practice.