

## **7v7 Standards of Play**

### **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 in their hands during play from the opponent, the opposing team will move behind the build out line until the ball is put into play. The ball is in play as soon as the goalkeeper releases the ball. Ideally, the goalkeeper will wait until all opponents are behind the build out line. The goalkeeper can put the ball into play sooner but does so accepting the positioning of the opponents and the consequences of how play resumes. The goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed). Once the goalkeeper puts the ball into play the opposing team can cross the build out line and play resumes as normal.

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

To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play. Coaches are responsible for addressing these types of issues with their players.

Referees can manage the situation with misconduct if deemed appropriate.

Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line.

### **Goal Kicks**

On a goal kick the opposing team will move behind the build out line until the ball is put into play. The ball is in play when it leaves the penalty area, and at that time, the opposing team can cross the build out line and play resumes as normal.

### **Offside**

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.

### **Heading the Ball**

Deliberate heading is not allowed for 7 v 7. 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.

## Concussion Initiative

Per U.S. Soccer's Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed. If the player leaves the field of play for additional evaluation, a substitution can be made in that moment. The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player. Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game.

## Modified Laws of the Game

### Law 1 – Field of Play (See diagram)

- 55-65 yards (length)
- 35-45 yards (width)
- Goals can be no larger than 7 feet (height) x 21 feet (width) can be used with the preferred size being 6.5 feet (height) x 18.5 feet (width)

### Law 2 – Ball

- Size 4

### Law 3 – Players

- 7 v 7 (6 field players and 1 goalkeeper)

### Law 5 – Referee

- Minimum certification as U.S. Soccer Grade 9

### Law 6 – Other Match Officials

- Used at the discretion of the competition

### Law 7 – Duration of the Match

- 2 Halves of 25 minute halves
- 5 minute halftime
- No added time

## Standard Laws of the Game

Law 4 - Players' Equipment

Law 9 - Ball In and Out of Play

Law 11 - Offside

Free Kicks

Law 15 - Throw-in

Law 17 - Corner Kick

Law 8 - Start and Restart of Play

Law 10 - Method of Scoring

Law 12 - Fouls and Misconduct \* Law 13 -

Law 14 - Penalty Kicks

Law 16 - Goal Kick

Diagram below contains recommended field markings and dimensions. Build out lines should be equidistant between the penalty area line and halfway line.

