

MODIFIED RULES AND INSTRUCTIONS TO REFEREES FOR THE SEVEN V. SEVEN PROGRAM

The 7 v 7 program is for Under 8 and some advanced Under 7 boys teams. The game is played on a reduced area. The U-8 field is currently pitched at 30 yards wide by 50 yards long. It has single goalie boxes marked at 15 yards out. The U-7 field is slightly smaller. While there are no official dimensions for this modified game, experience indicates that these dimensions are appropriate. While the more advanced teams can play on a larger area, many of the teams are still pretty much beginners. The larger the field, the more difficulty there is with proper space utilization for beginners.

7 v 7 means six field players and a goalie. The field size only accommodates this number. More players are not permitted, even with the consent of both coaches.

A size three ball is to be used.

Playing time is two 20-minute halves, separated by a 5 minute break.

All players must play at least half of every game. In order to enforce this rule, a special substitution rule is used. At the first dead ball after the 10 minute mark of each half, a mandatory substitution break is taken. All players who have not been in the game must enter, and play the rest of the half. Substitutions at other times are not allowed, except in the case of injury. The restart after the substitution break is whatever it was for the dead ball. It is not a kickoff. Teams are to be discouraged from using this time to take a break. Players remaining in the game should stay on the field. It's just to make the substitutions quickly and get the game restarted.

All goal kicks are to be taken from the top of the goalie box.

All restarts are by indirect free kick. No direct kicks; no penalty kicks.

Two tries are allowed on a throw in, but it must be by the same player. If the second one is better than the first one, play should continue. The players should try to do them right, but perfection is not required.

Offside is to be introduced. Players are not allowed to camp out behind the defense, receive the ball, and shoot on goal. If a player receives a pass in a slightly offside position at midfield, it need not be called, particularly in no significant advantage is obtained.

Officiating is to be done by mentor adults who are familiar with the laws of the game and these modified rules. They are to both call the game and teach the players how to do things correctly. They should help both teams equally. Each team may provide a mentor for one half or the same person may do the entire game with the consent of both coaches.

No score is to be kept. There should be absolutely no emphasis on who is winning.

One adult is allowed behind the goal to help the goalie. All other adults, coaches and players are to stay on the touchline at least one yard behind the field.