

Sarpy County Soccer Association

U-07 Boys and Girls

Laws of the Game

Law 1 – The Field of Play:

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 25 yards maximum 35 yards

Width: minimum 20 yards maximum 30 yards

Field Markings: The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of four (4) yards is marked around it.

The Goal Area: A goal area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line three (3) yards from the inside each goalpost. These lines extend into the field of play for a distance of three (3) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The Penalty Area: None

Flagposts: None

The Corner Arc: A quarter circle with a radius of one (1) yard from each corner flag post is drawn inside the field of play.

Goals: The goal is 6 x 18 feet. Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar.

Law 2 – The Ball: The ball must size three (3). The smaller ball is lighter and more easily kicked, received, dribbled and passed.

Law 3 – The Number of Players: A match is played by two teams, each consisting of not more than four players. There are NO goalkeepers.

Substitutions: At any stoppage and unlimited.

Playing time: Each player shall play a minimum of 50% of the total playing time.

No slide tackles to be allowed in this age group.

Law 4 – The Players Equipment: The basic equipment of a player is a jersey, shorts, socks, shinguards and footwear. Shinguards are covered entirely by the stockings. Shinguards provide a reasonable degree of protection. Uniforms must be worn to distinguish teams. Non-uniform clothing is allowed based on weather conditions.

Law 5 – The Referee: An Official may be used. All infringements shall be briefly explained to the offending players.

Law 6 – The Assistant Referees: None

Law 7 – The duration of the Match: The match shall be divided into four (4) equal, twelve (12) minute quarters. There shall be two (2) minute break between quarters one and two and another two (2) minute break between quarters three and four. There shall be a half-time interval of five (5) minutes.

Law 8 – The Start and Restart of Play: A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The team, which wins the toss, takes the kick-off to start the second half of the match. In the second half of the match, the teams change ends and attack the opposite goals. The opponents of the team taking the kick-off are at least four (4) yards from the ball until it is in play. A kick-off is a way of starting or restarting play: at the start of the match, after a goal has been scored, at the start of the second half of the match. A goal may be scored directly from the kick-off.

Law 9 – The Ball In and Out of Play:

The ball is out of play when:

- It has wholly crossed the goal line or touch line whether on the ground or in the air.
- Play has been stopped by the referee.

The ball is in play at all other times, including when:

- It rebounds from a goalpost, crossbar or corner flag post and remains in the field of play.
- It rebounds from the referee when on the field of play.

Law 10 – 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, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal. No score or standings should be kept.

Law 11 – Offside: There shall be NO offside called during these games.

Law 12 – Fouls and Misconduct: All fouls shall result in a direct free kick. If a child is being too rambunctious then the game official will ask the coach to make a substitution of that player to give the child a chance to calm down before returning to play. The referee/coach/parent must explain all infringements to the offending player. No cards shown for misconduct.

Law 13 – Free Kicks: All free kicks shall be direct and opponents are at least (4) yards from the ball until it is in play. This should keep the game flowing and keep the attention of the kids.

Law 14 – The Penalty Kick: None

Law 15 – The Throw-In: One 'do-over' per thrower should be the normal response if the throw-in is incorrect. The referee officiating the match should explain to the child how to execute the throw-in correctly.

Law 16 – The Goal Kick: The goal kick should be taken within 2-3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. The defending players must stand at least four yards away from the ball until it is in play. The ball is in play once it has left the goal area.

Law 17 – The Corner Kick: A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10. The defending players must stand at least four yards away from the ball until it is in play.

ADVANTAGES OF PLAYING SMALL SIDED GAMES

- More time with the coach/facilitator.
- Energetic workouts due to playing both offense and defense.
- Children are physically more efficient in smaller space.
- Children are actively involved for a longer period of time.
- It takes less time to score a goal or advance to goal.
- Greater success rate for the players.

SOCCER RECOMMENDATIONS

- Opposing coaches, players and parents should shake hands after each match.
- Parents/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- Spectator and team benches should be on opposite sides of the field.
- No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.
- Coaches of U7/8 teams should attend the U6/U8 Youth Module coaching course.