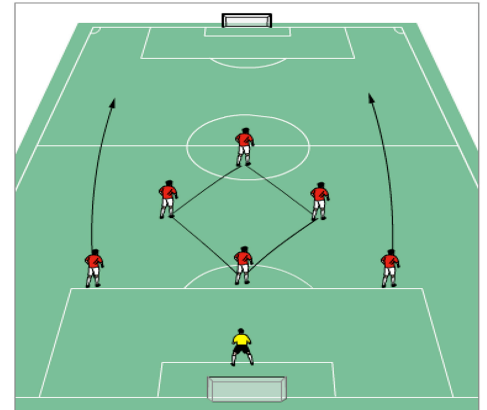


7-A-SIDE Basic Rules

Length of Games	2x25 mins
# of Players On Field	7 (including Goalkeeper)
Size of Ball	5
Duration of Games	50 Minutes
Half Time	5 Minutes
Referees	Two
Substitutions	Rolling (at half)
Offside	No



WAYS TO RESTART THE GAME

After Save...	A goalie may throw or kick the ball out of his or her goal area.
Ball Out of Bounds Over Sideline...	Throw In ... the ball is over the head with two hands; both feet remain on the ground. The team who did not touch the ball last before it went out of bounds takes the throw in.
Ball Out of Bounds Over End of Field...	If the ball goes out of bounds at the end of the field, and the defending player touched it last, it is put back in play by a CORNER KICK .
Ball Out of Bounds Over End of Field...	If the ball goes out of bounds at the end of the field, and the attacking player touched it last, it is put back in play by a GOAL KICK .

Typical Fouls	Results In	This Means?	Distance of Opposition from Kick
Hand Ball	Direct Free Kick	Goal can be scored directly from Shot	10 Yards
Tripping	Direct Free Kick	Goal can be scored directly from Shot	10 Yards
Pushing	Direct Free Kick	Goal can be scored directly from Shot	10 Yards
Obstruction	InDirect Free Kick	Goal cannot be scored directly from Shot	10 Yards

If the ball hits the ceiling. The game will be restarted with a throw in. A straight line is to be taken from the point where the ball hit the ceiling to the nearest Sideline. The throw in will be taken from this point.