

Under 7 and Under 8 Rules

Balls size:

- Size 3

Number or players:

- 5 (can play with 4)
- A team roster (game card) must be given to the referee before the game starts listing player names and numbers.

Equipment:

- Like uniforms (shirts, socks, shorts)
 - Home team wears Navy and Visitors wear White.
 - If there is a conflict, Home team is required to change.
- Shoes – molded cleats or tennis shoes
- Shin guards required
- No casts
- No Jewelry

Duration of game:

- Four 12 minute quarters. First and third quarters end when time has expired and there is a dead ball (Foul, Goal, Goal Kick, Throw In). Second and fourth quarters end when the time expires. Five minute half time.

Substitution:

There shall be five times to substitute.

- At two of these times, substitutions are mandatory
 - In the middle of the first half; and
 - In the middle of the second half.
- At the other three times, substitutions may be made at the option of the coach:
 - At half time.
 - In case of an injured player substitution, the opposing team may also substitute (one player for each injured player substituted).
 - In case of fatigue, or for individual player instruction, or to return a player after instruction at a stoppage in play (in this case, only one player may be substituted at a time on this occasion)
- Each player listed on the team roster must play a minimum of half of each half (Not referee enforced)

Referee:

- The referee will make final decision as to whether or not to begin the match based on his judgment of field condition, the weather, or any other factors considered pertinent.
 - The referee is in charge of the field and adjacent area from the time the referee arrives at the game site until the referee departs.

- The referee is empowered to terminate a game or eject a coach, player or spectator for misconduct

Start of Play:

- If a team does not have enough players at 5 minutes after the scheduled starting time the game is terminated.
- Preliminaries
 - A coin is tossed and the winner of the toss picks which goal it will attack
 - The other team takes the kick off
 - The team that wins the toss takes kick-off the second half
 - The second half the teams change end

Kicks - (Kick Off, Goal Kick, Free Kick (Foul), Corner Kick)

- All kicks are indirect (must be touched by a second person before going in the goal)
- Kicker can't touch the ball second time on kicks without someone else touching it first.
- If double touch of a dead ball, a second chance will be given.
- Opposing players must be 6 yards away from ball

Ball in and out of play:

- The ball is out of play when the ball has wholly crossed the goal line or touch line on the ground or in the air

Goal Keeper:

- Yes

Score:

- No score is kept

Off Sides:

- No off sides

Fouls:

- All fouls are restarted with indirect free kick
- Penalty Kick – **No penalty Kick**
- Hand Ball – Player deliberately handles the ball

Throw In:

- To be a good throw in the following must happen
 - Some part of both feet must stay on the ground
 - The ball must be pulled back over the head completely
 - The ball must be thrown over the head, not to the side
- Second chance will be given for incorrect throw