

**FAIRFIELD SPORTS**  
**SOCCER RULES: 7 Year Old Division**  
[ADAPTED FROM “THE RULES OF SOCCER: SIMPLIFIED”]  
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**INTRODUCTION**

All players, coaches, and parents will adhere to the Fairfield Sports Association Soccer Code of Conduct.

**1. THE FIELD OF PLAY.**

- a. The field of play shall be 90 by 120 feet

Field sizes can be adjusted as necessary to accommodate for fluctuations in registration.

No coaches or fans will be permitted to stand behind the goal line or on the field during play. Only a coach and an assistant coach can be on the player’s side. Exceptions have to be granted by the commissioner.

**2. THE BALL.**

- a. A Size 4 ball shall be used.
- b. The ball must be properly inflated (~10 psi) and be firm to the touch.
- c. The ball may only be changed with the referee’s permission.

**3. PLAYERS.**

- a. The Coach shall play each member of the team at least half of the game unless it is deemed that a player cannot physically play as a result of injury or illness.
- b. Substitutions can be made any time the ball is out of play, if permitted by the official.
- c. A substitute shall not be used to replace a player that has been sent off the field by a referee (red card).
- d. Only players on the team’s roster shall represent that team on the field. Under no circumstances will unregistered players be allowed to play in any games.
- e. One player from each team must be designated as a goalkeeper. The goalkeeper’s attire shall be such that they are easily distinguishable from their teammates. A player may not play goalie for more than one half of the game.
- f. There are 5 players on a team including the goal keeper. Teams will play 5 vs. 5.
- g. A game may not start unless each team has at least five (4) players on the field. The minimum number on the field shall be four (4) players including the goalkeeper. Players who arrive late may enter the game when the ball is not in play.

#### **4. PLAYERS' EQUIPMENT.**

- a. Coaches are responsible for ensuring that their players are properly equipped. The referee may elect to inspect player's equipment before or during the game.
- b. A player is not allowed to wear items that could cause injury to them self or other players. (Examples of these items are rings, earrings, bracelets, hard or metal hair clips, and necklaces.) Earrings may, by exception, be taped up where there is no danger of any part sticking out and/or penetrating the tape.
- c. A player must wear shorts, socks, shin guards, soccer shoes, and a team shirt.
- d. Socks must be worn over shin guards and must be ENTIRELY covered by the stockings/socks.
- e. Shin guards shall be made of a suitable material (rubber, plastic, polyurethane or similar substance) and shall afford a reasonable degree of protection.
- f. Fairfield Sports Association will provide the team shirt, shorts, and socks.
- g. The goalkeeper's shirt must be distinguishable from those of his teammates.
- h. Players with long hair must tie it up and back with an elastic-type band.

#### **5. THE REFEREE.**

- a. The referee shall actively encourage good play and discourage marginal behavior.
- b. The referee acts as timekeeper and record keeper.
- c. The referee shall enforce these rules, but may let play continue and not call a foul if he thinks that it is an advantage to the fouled team. The referee should indicate his decision by saying "advantage, play on." If the advantage does not develop, the referee shall stop play and penalize the original offense.
- d. No one is allowed on the field of play without the referee's permission.
- e. The referee may caution and send players off the field using the yellow and red card format.
- f. The referee's decisions are final.**
- g. Note: IFAB rules apply unless otherwise stated.
- h. Coaches or parents who attempt to intimidate or verbally abuse the referee may be subject to removal from the field and premises at the referee's discretion.

#### **6. DURATION OF THE GAME.**

- a. The game shall be divided into two 20-minute halves.
- b. Substitutions may be made any time the ball is out of play at the discretion of the referee and must be reported to the referee before substitutions can take place.
- c. Half-time breaks will be 5 minutes in length.
- d. No overtime play is allowed. Tied scores will remain tied.
- e. If a penalty kick is awarded and then time runs out, the referee shall allow the penalty kick to be completed.

- f. Each half will be equal in length. Example – if the first half is 23 minutes long in error, the second half shall be the same.
- g. In case of extreme heat additional water breaks can be taken.

## **7. START AND RESTART OF PLAY.**

- a. Kick off. A kick off is taken at the center mark to start a game, to restart play after a goal is scored, to start the second half.
- b. At the beginning of the game, choice of ends shall be determined by the toss of a coin. The team winning the toss decides which goal it will attack in the first half of the match. The team that loses the coin toss will take the kick-off to start the match. The team which wins the coin toss will kickoff the beginning of the 2nd half.
- c. Teams will switch ends of the field at the beginning of the second half.
- d. The team scored against kicks off after a goal is scored.
- e. During a kick-off, all players must be in their own halves of the field and, with the exception of the players on the team taking the kick off, outside the center circle.
- f. The player kicking off may not play the ball again until it touches another player of either team. **The ball is in play when it is kicked and moves either forward or backward.**
- g. A goal may be scored directly from the kick-off.
- h. Dropped Ball. A dropped ball is used to restart the game after the referee stops the play for any reason other than a foul.
- i. Free Kick. A free kick is used to restart the game after the referee has stopped the game for a foul. A free kick may be “direct” or “indirect.” (see rule 12)

## **8. BALL IN AND OUT OF PLAY.**

- a. A ball is deemed out of play when: The entire ball is completely outside the edge of the goal line or the side line.
- b. The game is stopped by a referee..

## **9. METHOD OF SCORING.**

- a. A goal is scored when the entire ball goes completely over the goal line, between the goal posts, and under the cross bar.
- b. Any player may score goals.
- c. Any player scoring a goal in his own goal is a score for the opposing team.
- d. **To prevent running up scores, and motivating the coaches to balance their team with the opposing team, there is a maximum of a 5 goal differential allowed. If the final score has a larger than 5 goal differential it will be reduced to a 5 goal differential.**

## 10. OFFSIDE.

- a. It is not an offence in itself to be in an offside position.
- b. A player is in an offside position if: the player is nearer to their opponent's goal line than both the ball and the second to last opponent (counting the goalie as the last opponent). Note: a player in this circumstance is considered nearer if any part of their body that can legally score a goal, is nearer.
- c. A player is not in an offside position if:
  - the player is in their own half of the field of play
  - the player is even with the second to last opponent
- d. Offside Offense - A player in an offside position is only penalized if, at the moment the ball touches or is played by one of their teammates, they are, in the opinion of The Referee, involved in active play by:
  - Participating in the play; or
  - Interfering with an opponent; or
  - Gaining an advantage by being in that position.
- e. There is no offside offense if a player receives the ball directly from a goal kick; a throw in or a corner kick. The enforcement of offside will be consistent with the rules found in US Youth Soccer and FIFA.

## 11. FOULS AND MISCONDUCT.

- a. There are two types of fouls: penal and non-penal. A penal foul is punished with a direct free kick.

A non-penal foul is punished with an indirect free kick.

- b. Penal fouls include:

- Kicking or attempting to kick an opponent
- Tripping or attempting to trip an opponent.
- Striking an opponent.
- Pushing an opponent
- Holding an opponent.
- Handling the ball, with the exception of the goalkeeper inside his penalty area. Note that handball occurs when a player has intent to control the ball with any part of the hand or arm. (See Rule 17.)
- Spitting at an opponent, teammate, referee, coach, or fan.

- c. Non-penal fouls:

- Conduct that the referees deem to be dangerous (dangerous play), such as a high-kick.
- Deliberately blocking the progress of an opponent (impeding).

- ☐☐ Passback violation. The goalkeeper cannot handle the ball after receiving the ball from a teammate, intentionally, by throw-in or pass.
  - ☐☐ Offside violations
- d. Yellow card warning. The referee shall caution a player for unsportsmanlike behavior, dissent, continual breaking (persistent infringement) of the rules of the game, deliberate time wasting.
- e. Red card “sending off.” The referee shall send off a player for serious foul play, violent conduct, offensive language, or receiving a second yellow card. Substitutes may not be used to take the place of any player that has been sent off for the remainder of the game. **Any player that receives a red card for violent conduct or serious foul play must leave the premises and parking area.**

**Red Card offenses will be reviewed by the soccer committee. Players sent off will also be suspended for the next game unless ruled differently by the committee (dependent on the severity of the infraction). Note: Fairfield Soccer promotes fair play and will enforce the rules in order to maintain the spirit of the game. Red card infractions and subsequent suspensions (as determined by the committee) serve to discourage serious foul play and violent conduct.**

- f. Coaches, parents, and fans may also be cautioned or sent off if their conduct is, in the referee’s opinion, dissenting, or not in the “spirit of the game”. In this case, the cards should not be shown, but the caution or sending off shall be verbally administered.
- g. Any individuals, other than players or coaches, receiving a red card will serve a mandatory 1 game suspension which includes exclusion from the Fairfield Sports playing area. This means they are not allowed to remain on premises or in the parking area during the duration of the game.
- h. Coaches “sent off” will serve a mandatory 1 game suspension and review by the Fairfield Soccer Committee.**
- i. By league rule, if any representative of a team (coach, parent, fan, or player), is sent off and fails to leave the premises, including the parking area, the game will result in an automatic forfeit and 1-0 loss. Exception: the actual score of the game will be used if the goal differential is greater and favors the non-forfeiting team.**

## 12. FREE KICKS.

- a. Free kicks are either direct, for penal fouls, or indirect, for non-penal fouls.
- b. A goal may be scored from a direct free kick by kicking the ball directly into the opponent’s goal.
- c. A goal may be scored from an indirect free kick only if the ball touches at least one other player.

- d. The referee shall indicate an indirect free kick by putting one arm straight up and maintaining that signal until the ball makes contact with another player.
- e. The free kick is taken from the location of the original offense.
- f. Opponents must be at least 6 yards away from where the ball is kicked until the ball is kicked in play.

### **13. PENALTY KICK.**

- a. If a player commits a penal foul in his own penalty area, the opposing team shall be awarded a direct free kick from the penalty spot.
- b. All players with the exception of the defending goalkeeper must be at least 8 yards away from the penalty spot, outside the penalty area, and behind the ball.
- c. The defending goalkeeper must remain on the goal line until the ball is kicked. They are not required to remain stationary, but may not move forward or back until the ball is kicked.
- d. The ball is back in play as soon as the kick is taken.

### **14. THROW-IN.**

- a. A throw-in is taken to restart the game after the ball goes out of play past the touchline. It is taken where the ball left the field of play.
- b. To go out of play, all of the ball must completely cross the outside edge of the touchline, either on the ground or in the air.
- c. A player may not score a goal by throwing the ball directly into his opponent's goal.
- d. Opponents must be 2 yards away from the throw-in spot.
- e. Both feet of the thrower must be on the ground when the throw is made, AND, parts of both feet must be either on or outside the touchline. The throw is ILLEGAL should the throw be made with one or both feet completely on the field of play (no part of any foot touching or behind the touchline).
- f. Thrower must use both hands. Both hands must be above the thrower's head and come forward together.
- g. Thrower will not be given a second chance should he commit an error in throwing and the opposing team is awarded a throw-in at the same spot.
- h. There is no off-sides on a throw-in.

## 15. GOAL KICK.

- a. A goal kick is taken by any player to restart the game, after the ball goes out of play past the goal line (unless a goal is scored), when the ball is last touched an attacking player. A ball is out of play when all of it has completely crossed the outside edge of the goal line, either on the ground or in the air.
- b. A goal kick may be taken anywhere within goal area.
- c. Opposing players must stay outside the penalty area.
- d. **The ball is in play once it leaves the penalty area.** If a ball does not exit the penalty area, then it is NOT considered live and the kick must be retaken.
- e. A goal may be scored directly from a goal kick.
- f. There is no off-sides on a goal kick.

## 16. CORNER KICK.

- a. A corner kick is taken by any attacking player to restart the game after the ball goes out play past the goal line (unless a goal is scored), when the ball last touched a defending player.
- b. To go out of play, all of the ball must completely cross the outside edge of the goal line, either on the ground or in the air.
- c. The ball is placed in the corner arc, nearest to where the ball went out of play.
- d. Opponents must be at least 6 yards away from where the ball is kicked until the ball is kicked in play.
- e. A goal may be scored directly from a corner kick.
- f. There is no off-sides on a corner kick.
- g. The ball is in play once it is kicked.

## 17. HANDLING.

- a. A player shall have committed a handling violation if the player controlled the motion of the ball using any part of their arm, from the shoulder to the tips of the fingers, with intent.
- b. The player must have INTENT to be a handled ball. The questions to consider the call are as follows:
  - Did ball hit arm? Or
  - Did arm hit ball? Or

Did player have INTENT to handle the ball?

c. A handling foul is penal.

## **18. HEADING THE BALL & SLIDE TACKLE**

### **a. Heading the Ball**

Heading the ball is not permitted for this age group during games and practices, due to the injuries it can cause. If a player heads a ball during the game, it will be a foul and a free kick will be given to the opposing team.

### **b. Slide Tackle**

Slide tackles are not permitted for this age group during games and practices, due to the injuries it can cause. If a player slide tackles a ball during the game, it will be a foul and a free kick will be given to the opposing team.

## **19. TEAM ACTIVITIES.**

a. Each team is limited to three (3) team activities per week.

b. A team activity is defined as a team practice, or a team game.

c. Any team officially scheduled for more than one game in a week may increase that week's team activities to four (4).