



(updated 3/27/2025)

WINFIELD RECREATION COMMISSION
YOUTH RECREATIONAL SOCCER
6TH-8TH GRADE COED (7V7) LEAGUE

Rule 1. – THE FIELD

- A. DIMENSIONS. The field shall be rectangular, its length being not more than 70 yards nor less than 50 yards and its width not more than 50 yards nor less than 40 yards. The length in all cases shall exceed the width.

Rule 2. – THE BALL: Size five (5).

Rule 3. – NUMBER OF PLAYERS

- A. Maximum number of players on the field at any one time: 7 (7) – six (6) players on the field and one (1) goalkeeper.
- B. Maximum number of players on the roster shall not exceed ten (10).
- C. Substitutions – an unlimited number of players may be substituted:
 - 1. on any throw-in
 - 2. on any goal kick
 - 3. on any corner kick
 - 4. after score
 - 5. at half-time
 - 6. for any injury
- D. **Each player shall have equal playing time. All positions shall be rotated.**

Rule 4. – PLAYERS EQUIPMENT

- A. Shirt: Will be provided by the Winfield Recreation Commission.
- B. Shorts or pants
- C. Shin guards: **MANDATORY**
- D. Shoes: Shall be safe – tennis shoes or soccer cleats. No steel-toed cleats will be allowed.
- E. No jewelry, watches, rings, belts, earrings or anything dangerous to players shall be permitted.

Rule 5. – THE REFEREE

- A. All rule infractions shall be briefly explained to the offending player.
- B. The game is for the players and the primary function of the Official is to ensure:
 - 1. **SAFETY** of the players: stop play for any dangerous situation and for any injury.
 - 2. **EQUALITY** of play. Don't allow any player to gain an advantage from any of the infractions listed in Law XII.
 - 3. **ENJOYMENT** of all players and spectators. Focus on the Positive aspects of individual skills and team play and above all, **ENCOURAGE GOOD SPORTSMANSHIP!**

Rule 6. – DURATION OF THE GAME

- A. The game shall be divided into Two (2) Twenty (20) minute halves.
- B. There shall be a five (5) minute half-time interval

Rule 7. – THE START OF PLAY

- A. The home team listed on the schedule will kickoff to begin the game. Teams will switch sides at half and the visiting team listed on the schedule who received the kickoff in the first half, will kickoff to start the second half.
- B. Kick off after each goal by the team giving up the goal.
- C. All players must be on their half of the field when the ball is kicked, and the defending players must be outside the center circle.
- D. The ball is in play when it is kicked and moves forward or backward. Only minimal movement is required, but it can be forward or backward.

- E. The player taking the kickoff may not touch the ball again until it has been touched by another player – violation results in a re-kick for the original kicking team.
- F. A goal **CAN** be scored directly from a kickoff.

Rule 8. – BALL IN AND OUT OF PLAY

- A. The ball is **out** of play when:
 - 1. it has completely crossed the goal-line or touch-line, whether on the ground or in the air.
 - 2. the Official has stopped play.
- B. The ball is **in** play at all other times from the start of the match to the finish including:
 - 1. If it rebounds from a goal-post, cross-bar or corner-flag into the field of play.
 - 2. If it rebounds off the Official when they are in the field of play.

Rule 9. – METHOD OF SCORING

The whole of the ball must completely cross the goal-line below the cross-bar and between the goal-posts, provided it has not been thrown, carried or intentionally propelled by hand or arm by a player of the attacking side. This does not apply to a goalkeeper who is within his/her own penalty area. A team may not score directly on itself from a direct free kick or goal kick.

Rule 10. – OFF-SIDE

- a. A player is in an off-side position if he/she is nearer to his/her opponents' goal line than the ball, unless:
 - i. he/she is in his/her own half of the field of play
 - ii. Level with the second last opponent
 - iii. Level with last two opponents
- b. It is not an offense, in itself, to be in an off-side position. A player shall only be penalized for getting in an off-side position if, at the moment the ball touches, or is played by one of his/her team, he/she is, in the opinion of the referee, involved in active play by:
 - i. interfering with play, or
 - ii. interfering with an opponent, or
 - iii. gaining an advantage by being in that position.
- c. A player **shall not** be declared off-side by the referee;
 - i. merely because of his/her being in an off-side position,
 - ii. if he/she receives the ball direct from a goal-kick, a corner-kick or a throw-in, or
- d. If a player is declared off-side, the referee shall award an indirect free kick to the opposing team from the place where the infringement occurred.

Rule 11. -FOULS AND MISCONDUCT

A foul may only occur on the field, during play and against an opponent. A player who commits any of the following six offenses in a manner considered by the Official to be careless, reckless or involving disproportionate force:

- 1. kicks or attempts to kick an opponent; or
- 2. trips an opponent; or
- 3. jumps at an opponent; or
- 4. charges an opponent; or
- 5. strikes or attempts to strike an opponent; or
- 6. pushes an opponent; or

who commits any of the following offenses:

1. when tackling an opponent, makes contact with the opponent before contact is made with the ball; or
2. holds an opponent; or
3. spits at an opponent; or
4. handles the ball deliberately, i.e., carries, strikes or propels the ball with his/her hand or arm.

Shall be penalized by the award of **direct free-kick** to the opposing team from the place where the offense is committed. If the offense is committed by the attacking team within the goal area, the free kick shall be taken on the goal area line nearest to the point at which the offense is committed. If the offense is committed by the defending team within the penalty area, the ball will be placed at top of Penalty Area for a Direct Free Kick, which will be awarded to the attacking team. (No penalty kicks will be taken).

A player committing any of the following offenses:

- a. Charging fairly, i.e. with the shoulder, when the ball is not within playing distance of the players concerned.
- b. When NOT playing the ball and impeding the progress of an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent.
- c. Charging the goalkeeper except when he/she:
 - i. is holding the ball
 - ii. is obstructing an opponent
 - iii. has passed outside his/her goal-area
- d. When playing as a goalkeeper and within his/her own penalty-area:
 - i. Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession.
 - ii. Touches the ball again with his/her hands after it has been released from his/her possession and has not touched any other player.
 - iii. Touches the ball with his/her hands after it has been deliberately kicked or thrown to him/her from a teammate.
 - iv. **Punt/Drop-Kicks The goalkeeper may pass with their feet, throw or roll the ball into play and are allowed to punt or drop-kick the ball.**
 - v. Indulges in tactics, which in the opinion of the referee, are designed to waste time.

Shall be penalized by the award of an **indirect free-kick** to the opposing team from the place where the offense is committed. If the offense is committed within the goal areas, the free kick shall be taken on the goal area line nearest to the point at which the offense is committed.

Misconduct may occur at anytime, anyplace against anyone. A player shall be cautioned and may be asked by the referee to sit out of play for a time:

1. is guilty of unsporting behavior
2. shows dissent by word or action
3. uses offensive, insulting or abusive language
4. persistently infringes the Laws of the Game
5. delays the restart of play
6. fails to respect the required distance when play is restarted with a corner kick or free kick
7. enters or re-enters the field of play without the referee's permission
8. deliberately leaves the field of play without the referee's permission

9. spits at an opponent or any other person
10. is guilty of violent conduct
11. denies an opponent a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper in his own penalty area)

For offenses the opponents will be awarded an indirect free kick from the place where the offense occurred.

Rule 12. -FREE KICKS

- A. Free kicks shall be classified as INDIRECT or DIRECT (the official will signal with a hand up for an indirect free kick).
- B. A goal may not be scored directly from an indirect free kick; it must be touched by another player. A goal may be scored directly from a direct free kick.
- C. Any free kick awarded to the defending team, within its own goal area may be taken from any point within the goal area.
- D. Any indirect free kick awarded to the attacking team within its opponent's goal area shall be taken on the goal area line which runs parallel to the goal line nearest to where the offense was committed.
- E. The ball must be stationary when the free kick is taken.
- F. If a player of the opposing side encroaches into the penalty area, or within five (5) yards of the ball, as the case may be, before a free kick is taken the referee shall delay the taking of the kick, until the Law is complied with.
- G. The kicker shall not play the ball a second time until it has been touched by another player-the violation results in a re-kick for the original kicking team.
- H. All opposing players must be at least five (5) yards from the ball.
- I. The ball is in play when it is kicked and moves (only minimal movement is required).

Rule 13. - THROW-IN

- A. Shall be taken when the ball has completely crossed the touch-line-either on the ground or in the air.
- B. Taken by a player of the team opposing the team that last touched the ball before it went out of play.
- C. The thrower shall not play the ball again until it has been touched by another player, any other player-the violation results in an indirect free kick for the opponents.
- D. A goal cannot be scored directly from a throw-in.
- E. A proper throw-in requires that:
 1. the thrower face the field, and
 2. throw the ball with BOTH hands, from
 3. directly over and behind his/her head, with
 4. both feet on the ground, and
 5. on or behind the touch-line.

Rule 14. -GOAL KICK

- A. Shall be taken when:
 - 1. the ball has completely crossed the goal-line – either on the ground or in the air; and
 - 2. not below the cross-bar and between the goal-posts; and
 - 3. was last touched by a player of the attacking team.
- B. The goal kick is taken by a player on the defending team from anywhere within the goal area.
- C. Defending players may be anywhere on the field.
- D. Attacking players must be outside the penalty area.
- E. The ball must be kicked beyond the penalty area before it can be touched or played by any other player. If the ball does not clear the penalty area or if it is touched by any other player before it clears the penalty area the goal kick shall be retaken.
- F. **If the team is unable to get the ball into play after a reasonable effort, the game shall be restarted with a drop ball near the touch line, closest to the top of penalty area line.**
- G. The player who kicks the ball may not touch or play the ball again until it has been touched by another player outside of the penalty area-violation results in an indirect free kick for the opponents.
- H. A goal may be scored directly from a goal kick. Such a goal may be scored only against the opposing team.

Rule 15. -CORNER KICK

- A. Shall be taken when:
 - 1. the ball has completely crossed the goal-line-either on the ground or in the air; and
 - 2. not below the cross-bar and between the goal-posts; and
 - 3. was last touched by a player of the defending team
- B. The corner kick is taken by a player on the attacking team from the corner arc nearest the point where the ball went out.
- C. Attacking players may be anywhere on the field
- D. Defending players must be five (5) yards away from the ball.
- E. The kicker cannot touch the ball again until it has been touched or played by another player -violation results in an indirect free kick for the opponents.
- F. A goal **may** be scored directly from a corner kick.