

Commerce City Parks & Recreation
Youth Soccer Program
Boys/Girls 7 vs 7 Grade 4th & 5th

- We will follow all the high school rules unless noted in the following.

The Field of Play

- Field Dimensions
Length: 60 yards
Width: 45 yards
- Field Markings
The field of play is marked with lines. These lines belong to the areas of which they are boundaries. 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 8 yards is marked around it.
- Goal Area
The goal area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, 6 yards from inside of each goalpost. These lines extend into the field of play for a distance of 6 yards and are joined by a line drawn parallel with the goal line.
- Penalty Area
The penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, 14 yards from the inside of each goalpost. These lines extend into the field of play for a distance of 14 yards and are joined by a line drawn parallel with the goal line. Within each penalty area a penalty mark is made 10 yards from the midpoint between the goalposts.
- Goals
Length: 12'
Height: 6'6"

The Ball

- The ball size is 4

The Players and Substitutions

- Players
A match is played by two teams, each consisting of 8 players, one of whom is a goalie. No goalie will be allowed to play more than one half at the goal.
- Substitution
Substitutions will be made at the 5 minute marks and at quarter breaks only. All players are required to play at least half the game. Only players that are injured may be substituted during play. No player may play the whole game unless the team has no subs for that game.

Player Equipment

- Required Equipment
All players will be given jerseys to wear. Shorts or sweat pants shall be worn. Goalies will wear a colored pinnie given to them at the start of each game. All players are required to wear shin guards and rubber soled cleats.

Duration of Match

- **Game Length**
The length of game shall be 40 minutes (4 ten minute quarters) with a running clock. The official will keep the official game clock on the field.
No time outs unless official calls official timeout.
There will be no overtime. Games can end in a tie.
- **Quarter and Half Time**
Teams will be allowed 1 minute between quarters and 5 minutes for half time.

The Start and Restart of Play

- **Preliminaries**
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.
- **Kick-off**
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 quarters and second half of the match. A goal may be scored directly from the kick off.

Procedure

All players are in their own half of the field. The opponents of the team taking the kick off are at least 8 yards from the ball until it is in play. The ball is stationary on the center mark. The referee gives a signal. The ball is in play when it is kicked and moves forward. The kicker does not touch the ball a second time until it has touched another player. After a team scores a goal, the kick off is taken by the other team.

Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player: an indirect free kick is awarded to the opposing team to be taken from the place where the infringement occurred. For any other infringement of the kick off procedure: the kick off is retaken.

- **Dropped Ball**
A dropped ball is a way of restarting the match after a temporary stoppage becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in the Laws of the Game.

Procedure

The referee drops the ball at the place where it was located when play was stopped. Play restarts when the ball touches the ground.

Infringements/Sanctions

The ball dropped again: if it is touched by a player before it makes contact with the ground. If the ball leaves the field of play after it makes contact with the ground, without player touching it.

The Ball in and Out of Play

- **Ball Out of Play**
The ball is out of play when: it has wholly crossed the goal line or touchline whether on the ground or in the air. The referee has stopped play.
- **Ball In Play**
The ball is in play at all other times, including when: it rebounds from a goalpost or crossbar and remains in the field of play. It rebounds from the referee when the are on the field of play.

The Method of Scoring

- Goal Scored
A goal is scored when the whole of the ball passes over the goal line.

Offside

- A player is considered offside if he/she is nearer to the opponent's goal line than the ball at the time the ball is kicked except in the following cases:
 - The player is in their own half of the field.
 - The player is not nearer to their opponent's goal line than at least two of their opponents.
 A player is only penalized for being offside if the ball is played or touched by one of their team and they are involved in active play in one of the following ways:
 - Interfering with play
 - Interfering with an opponent
 - Gaining an advantage by being in an offside position
 It is not an offence in itself to be in an offside position. A player will not be declared offside by the referee:
 - Merely because of their being in an offside position, or
 - If they receive the ball direct from a goal kick, a corner kick or a throw in

Fouls and Misconduct

- Any player who commits one of the following offences shall be penalized and the opposing team awarded a direct free kick:
 - Kicks or attempts to kick an opponent
 - Trips or attempts to trip an opponent
 - Jumps at an opponent
 - Charges an opponent
 - Strikes or attempts to strike an opponent
 - Pushes an opponent
 - Slide tackle
 - Holds an opponent
 - Spits at an opponent
 - Handles the ball deliberately (except for the goalkeeper within their own penalty area). It is not considered a "hand ball" when the ball hits the player's hand and no advantage is gained. A player must deliberately try to handle the ball for a foul to occur.
- Indirect free kicks are awarded if the following should occur:
 - Dangerous play
 - Charging shoulder to shoulder while away from the ball
 - The goalkeeper takes more than 6 seconds to release the ball into play
- The goalkeeper may handle the ball while inside the penalty area unless the ball is intentionally played with the feet back to the goalkeeper by a teammate.

Free Kicks

- Free Kicks are one of two types:
 1. Direct kick- a kick awarded after a serious foul in which a goal can be scored direct against the offending side.
 2. Indirect kick- a kick awarded after a foul where the ball must be touched by another player from either team before going into the goal.
 For both type of kicks, opponents must be 10 yards away before kick is allowed.

The Penalty Kick

A penalty kick is taken from the penalty mark. It is awarded when any of the fouls that can result in a direct kick occur inside the penalty area. Only the goalkeeper and the kicker are allowed inside the penalty area. The goalkeeper may move along the goal line but not off the goal line. The kicker cannot touch the ball twice until another player has touched it.

The Throw In

- A throw in is awarded: when the whole of the ball passes over the touch line, either on the ground or in the air, from the point where it crossed the touch line to the opponents of the player who last touched the ball.

Procedure

At the moment of delivering the ball, the thrower:

Faces the field of play

Has part of each foot either on the touchline or on the ground outside the touchline.

Uses both hands

Delivers the ball from behind and over their head

The thrower may not touch the ball again until it has touched another player

The ball is in play immediately it enters the field of play

The Goal Kick

A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when: the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air.

Procedure

The ball is kicked from any point within the goal area by a player of the defending team (6 yard box).

Opponents remain outside the penalty area until the ball is in play.

The kicker does not play the ball a second time until it has touched another player.

The ball must leave the penalty area before it can be played/touched by a player of either team.

Infringements

If the ball is not kicked directly into play beyond the penalty area: the kick is retaken.

The Corner Kick

A corner kick is a method of restarting play.

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.

Procedure

The ball is placed inside the corner arc at the nearest corner flag post.

The corner flag post is not moved.

Opponents remain at least 6 yards from the ball until it is in play.

A player of the attacking team kicks the ball.

The ball is in play when it is kicked and moves.

The kicker does not play the ball a second time until another player has touched it.

NOTE: Any player or spectator who is ejected from a game for unsportsmanlike behavior, at a minimum will be suspended for the remainder of that game and the next game that their team plays.