

Canton Family YMCA Soccer Rules U-7

This document is intended as an introduction to the basic rules of soccer for those in the U-7 division. It also specifically addresses Canton YMCA Soccer exceptions, adjustments or special circumstances. The goal of Canton YMCA Soccer is to introduce and promote the game of soccer to the youth of the Canton YMCA area and it is our intention for it to be a learning experience. It is also the leagues intention to follow as closely as practical the consensus opinion of high school, college, and upper level coaches as to how this should be accomplished. To this end, Canton YMCA Soccer also introduces the players to the various laws and concepts of the game in stages as they move through the various age groups.

- 1) Games are played on U-7 size fields. These are normally 50 yards by 25 yards.
- 2) A team plays with 6 field players and one goalkeeper for a total of 7 players on the field.
- 3) Throw-ins are used for restarts for balls out of play over the side touch lines. A second chance throw-in should be given before the ball is turned over to the other team if a foul throw occurs.
- 4) For a ball crossing the goal line that is not a goal, play is restarted with either a corner kick or a goal kick. For a ball crossing the end line and resulting in a goal, play is restarted from the center circle.
- 5) Direct free kicks apply to this age group.
- 6) YMCA Referees are not scheduled for games in this age group.
- 7) The length of each quarter is 10 minutes of playing time.
- 8) All players who show up to play the game must play and rotate in. This is regardless of how well they play or how many practices they have attended. This rule basically means that all players must play at least $\frac{1}{2}$ of the game (except for injuries). Open substitution will be allowed.
- 9) No scoring is kept.

Law 1 – The field of play

- 1) The field is rectangular. The longer boundary lines are the touch lines and the shorter lines are the goal lines. The widths of the lines (the lines themselves) are within the field of play. A halfway line divides the field. Each half includes a goal area, a penalty area, two corner areas and a goal.
 - a) All mentioned above are to be proportionate with the size of the field.
- 2) Spectators are not allowed to stand on the ends of the field (by the goal lines) and are to be on the side of the fields (touch lines) only.

Law 2 – The ball

- 1) The ball must be spherical. No material shall be used in its construction which might prove dangerous to other players. The pressure shall be enough to push thumbs in about a quarter of an inch.

2) The U-7 division uses a size no. 3 ball.

Law 3 – Numbers of Players

- 1) Suggested team size is between 8 and 12 players.
- 2) The game is played with 6 field players and a goalie for each team.
- 3) Coaches are encouraged to change players' positions each week but it is suggested that only players who want to play goalkeeper play that position.
- 4) Any player that is bleeding shall immediately leave the field until the bleeding has stopped.
- 5) Players that are removed from the field because of an injury can be replaced.
- 6) In the event that a team is unable to field a full 7 players, the opposing team is requested to play with the same number of players.

Law 4 – Players Equipment

- 1) A player's equipment consists of:
 - a) A Canton YMCA Soccer shirt, shorts, soccer socks, shinguards, and footwear.
 - b) A player shall not wear anything that is dangerous to himself or another player. Baseball shoes are not allowed due to the cleat structure. There are NO exceptions. A player may not be allowed to play if any part of his/her body is in a cast. This is for the safety of all players. Jewelry is not permitted. This includes ALL ear studs, hard barrettes, bobby pins and watches. Hooded sweatshirts should either be worn up around the head and tied or be tucked into the game shirts to help avoid injuries. Short knit stocking caps are permissible but billed caps or other dangerous ornamental cap or headgear is not permissible.
- 2) Shinguards must be worn at all Canton YMCA Soccer practices and games, and must be completely covered by socks.
- 3) Street glasses must have a strap around the back.
- 4) The goalkeeper is to wear colors that distinguish him/her from the other players on both teams.
- 5) The Canton YMCA will inspect the goals to ensure that they are properly anchored prior to the start of the games each week.

Law 5 – Referees

- 1) A YMCA referee shall not be appointed to officiate at each game. The referee could be either a coach or a parent. Referees should emphasize safety, fun, fairness, and learning. Canton YMCA Soccer is an educational league in all manners of the game from the players, parents and coaches to the referees. Canton YMCA Soccer expects all involved in the game to act with a spirit of good sportsmanship. The referee shall:
 - a) Enforce the laws and decide any disputed points.

- b) Refrain from penalizing in cases where he/she is satisfied that by doing so would be giving an advantage to the offending team.
- c) Act as the timekeeper for the game. He/she may also allow the full or agreed upon game time by adding time back that was lost for accidents and other disruptions.
- d) In Canton YMCA Soccer, games are automatically suspended for 30 minutes if lightening or thunder is present. The referee may continue or terminate games at his/her discretion if the game situation warrants it. In the case of youth referees, (those under 21), coaches are responsible for all safety related decisions regarding weather or other non-game related conditions.
- e) Stop play, if in his/her opinion, a player has been injured. Any player that is bleeding must leave the field of play for treatment.
- f) Suspend any player from participation in the game who, in the referee's opinion, is guilty of violent conduct, serious foul play, or use of abusive or foul language.

Law 6 – Referee Assistants- Not Applicable

Law 7 – Duration of the Game

- 1) The game consists of four quarter periods. The half time interval is not to exceed 5 to 10 minutes.
- 2) Each quarter shall be 10 minutes long.
- 3) Allowances may be made for all time lost through substitution, injuries, time wasting or other causes. The amount of time lost shall be a matter of discretion by the referee.

Law 8 – The Start and Restart of Play

- 1) At the beginning of the game, choice of ends and the kick-off shall be decided by the toss of a coin. The team winning the toss shall decide which goal it will attack in the first half of the match. The other team shall take the kick-off.
- 2) A goal may be scored directly from the kick-off.
- 3) The ball is in play when it is kicked and moves.
- 4) When restarting play after half-time, ends of the field shall be changed and the kick-off shall be taken by a player of the opposite team to that of the player who started the game.

Law 9 – Ball In and Out of Play

- 1) The ball is out of play when:
 - a) It has completely crossed the side touch line or goal line, whether on the ground or in the air.
 - b) The game is stopped by the referee.
- 2) The ball remains in play when:

- a) It rebounds from a goal post, goal cross bar, or corner flag pole into the field of play.
 - b) If it rebounds off a referee when he/she is in the field of play.
 - c) In the event of a supposed infringement of the laws, until the referee stops play.
- 3) In the case of a restart by a free kick, the ball is in play when it is kicked and has moved forward. In the case of a goal kick, the ball must travel outside of its own penalty area before it is back in play.

Law 10 – Method of Scoring

- 1) A goal is scored when the whole of the ball passes through the goal crossing, crossing the goal line provided it has not been thrown, carried, or propelled by hand or arm of the attacker.
- 2) A goal cannot be scored from a throw-in.

Law 11 – Offsides- Does not apply to this age group.

Law 12 – Fouls and Misconduct

- 1) A player may not INTENTIONALLY:
 - a) Kick or attempt to kick an opponent.
 - b) Trip or attempt to trip an opponent.
 - c) Jump at an opponent.
 - d) Charge an opponent in a violent or dangerous manner.
 - e) Charge an opponent from behind, unless the other player is obstructing.
 - f) Strike or attempt to strike an opponent, or spit at an opponent.
 - g) Hold an opponent.
 - h) Push an opponent.
 - i) Handle the ball with arm or hand (that is any area below the shoulder). The goalkeeper is allowed to handle the ball in his own penalty area.

Penalty: For any offense during play, a direct free kick is awarded at the place of the infraction. The referee may caution or eject a player for any serious foul.

- 2) A player may not:
 - a) Play in a manner considered by the referee/coach to be dangerous (for example-kicking the ball while in the goalkeeper's hands).
 - b) Charge the goalkeeper in his/her penalty box when he/she has possession of the ball. The keeper may be challenged for the ball outside his box.
 - c) Obstruct opponents when not playing the ball.

- d) Charge any player fairly with his/her shoulder when the ball is not playable.
- e) After releasing the ball to play, the keeper is not allowed to pick up the ball again until it has been played by another player outside the penalty area. An opponent may not obstruct the keeper while the keeper is attempting to release the ball.
- f) A goalkeeper may not handle (with his/her hands) a ball received directly from a throw-in from his/her own team.

Penalty: The penalty for any of the above offenses is a free kick for the other team, from the point of the infraction.

- 3) A verbal warning is issued by the referee that advises a player that a heavier punishment is liable if the conduct persists when:
 - a) A player persistently infringes the rules of the game.
 - b) A player shows dissent in any manner.

Penalty: If play is stopped, a free kick is awarded to the opposing team from the point of the infraction (subject to overriding conditions imposed in Law 13). If the ball is out of play when an infraction occurs, play will resume normally.

- 4) A player is ejected if he:
 - a) Persists in misconduct.
 - b) Is guilty of violent conduct or serious foul play.
 - c) Is guilty of foul or abusive language.

Penalty: If play is stopped, a free kick is awarded to the opposing team from the point of the infraction (subject to overriding conditions imposed in Law 13). If the ball is out of play when the infraction occurs, play will resume normally.

Law 13 – Free Kick

- 1) All free kicks are direct kicks. A goal can be scored directly from a direct free kick.
- 2) Free kicks are taken from the place of the infraction except:
 - a) If the infraction occurs against the defending team within the keeper's 6 yard box, the ball can be placed anywhere on the side of the six yard box in which the infraction occurred.
 - b) If the infraction is charged against the attacking team, the ball can be placed on the six yard line parallel to the place of the infraction.
- 3) The ball must be stationary when a free kick is taken.
- 4) Defending players must be 6 yards away from all free kicks.

- 5) The player taking the free kick may not touch the ball again until another player has touched the ball.

Penalty: A free kick for the other team.

Law 14 – Penalty Kick- Not applicable to this age group.

Law 15 – Throw-In

- 1) A throw-in puts the ball back in play after it has completely crossed the touch line. Throw-ins are taken from the spot where the ball crosses the touch line. The throw-in is awarded to the team that did not touch the ball last. Any player may take the throw-in for the team.
- 2) The thrower must be facing the field of play, have two feet on the ground, be behind the touch line, and throw the ball over his/her head with two hands.
- 3) The thrower is allowed two chances to complete a “fair throw” at which point if still unsuccessful, the ball is turned over to the other team.
- 4) The thrower is not permitted to touch the ball again until any other player touches the ball.

Law 16 – Goal Kick

- 1) When an attacking player last touches the ball before it crosses the goal line (or end line) outside the goal mouth, a goal kick is awarded. The ball may be placed anywhere in the 6 yard box and may be taken by any player.
- 2) The ball must go outside the penalty box before it is played by any player. The ball may not be touched a second time by the player taking the goal kick until touched by another player.
- 3) A goal can be scored directly from a goal kick.
- 4) Players from the opposing team must remain 6 yards away from the ball.

Penalty: The kick is retaken for all infractions except when the player who kicked the goal kick touches the ball a second time outside the box before another player touches it. In this case, a free kick is given to the attacking team.

Law 17 – Corner Kick

- 1) When a defender is the last to touch the ball crossing the goal line outside the goal posts, a corner kick is awarded. The ball is placed in and the kick taken from inside the quarter-circle by the corner flag on the same side of the field that the ball went out on. The corner flag may not be moved to take a corner kick.
- 2) Defenders must be 8 yards away from the ball when it is played.
- 3) The ball is in play when it has been kicked and it moves.
- 4) The kicker may not play the ball a second time until the ball has been touched by another player.

Penalty: A free kick is awarded to the opposing team when the kicker touches the ball for a second time before the ball has been touched by another player.

YCMA Recommendations

- 1) Coaches and players from both teams exchange handshakes after each game.
- 2) All players receive participation awards.
- 3) Parents should encourage players, but not coach or instruct during game time.