

Del Mar/Carmel Valley Soccer League



Modified Playing Rules

Division 7 (U7), 4 v 4

1. Field of Play

- Goals: width = 2 yards, height = 4 feet
- Field dimensions: width = 30 yards, length = 40 yards
- Goal area (no camping zone): arc within 9 yard radius from center of goal (**no players allowed within the goal area unless they are in direct dispute of the ball**).
- Markings: half line, center spot, 4 corner arcs with 1 yard radius, sidelines and goal lines, Goal area.

2. The Ball

- Micro soccer ball or size 3 ball in good condition.
- Ball should be slightly soft to encourage contact with body.
- Game ball provided by Home team.

3. Number of Players

- No more than 4 players from each team on the field.
- Home team is the first team listed on game schedule.
- Unlimited substitutions allowed with the Referee's permission when play is stopped.
- **NO GOALKEEPERS!**

4. Player's Equipment

- Jersey – with number, shorts, socks, shin guards (mandatory), shoes.
- No rings, earrings, bracelets, necklaces, jewelry, or hard hair clips – any object, which is dangerous, to another player or themselves, is not allowed on the field.
- In case of color conflict the Home team needs to change shirts.
- Socks must be worn outside of the shin guards and completely cover them.

5. Referees

- Protect the players. This is their first duty.
- Enforces the rules and briefly explains rule violations to player.
- May change decision as long as play has not been restarted.
- Report any coach's misbehavior to your assignor/coordinator.
- If a game gets out of control, the referee will end the game and leave the area ASAP; call assignor at the end of the day to report.
- Keep game time – ensure that games start and end on time.
- The coaches or parents of each team will each referee half of the game if there is no official referee.

6. Duration of the Game

- The game is to be divided into two 20-minute halves with a 5-minute half-time break. The game must end before the next game start time.

7. Start of Play

Kickoff: Game starts with a kickoff at the center spot by the Home team. The team kicking off must be on their side of the half line. All defenders must be 5 yards from the ball and on their side of the half line.

- Second half starts with the visiting team taking the kickoff and the two teams have switched sides of the field.
- Kickoff cannot be taken until the referee blows the whistle.
- The ball must go forward on the kickoff.
- The player taking the kickoff cannot touch it a second time until it is touched by another player.
- A goal cannot be scored directly from a kickoff; someone else must touch the ball before a goal is scored. Restart with a goal kick if ball is kicked directly into opponents goal from a kickoff.

Drop Ball: When the referee stops the game for an injury, a non-player on the field, or any other unusual cause, the game is restarted with a drop ball.

- The ball must touch the ground before it can be played. Since the referee put the ball in play, it can be touched more than once by the first player to touch it.

8. Ball In and Out of Play

- The ball is out of play when the whole ball crosses the outside edge of the touch line or the goal line, or the referee stops the game.
- The ball is in play at all other times; even if it bounces off the referee, corner flag, goal posts and crossbar, as long as it does not go out of play first.

9. Method of Scoring

- A goal is scored when the ball goes completely over the goal line, between the goal posts and under the crossbar.
- A goal cannot be scored directly from a kickoff, throw in, goal kick, corner kick or free kick.

10. Offside

- The offside rule is not applied in this age division.

11. Fouls and Misconduct

All fouls will result in an indirect free kick with opponent 6 yards away. Referee should explain all infractions to the offending player.

Fouls - (The ball must be in play for a foul to be called. The game is restarted with an indirect free kick at the spot of the foul or from the goal arc if the foul was committed by the defending team inside the goal arc):

- (“Camping”) Any player, defending or attacking, that is standing inside the goal area without control of the ball - players can run in and out of the goal area when they have the ball, when they are solicited to receive a pass, and when they challenge the player with the ball - free kick is taken from the goal arc.
- Kicking or trying to kick an opponent
- Tripping or attempting to trip an opponent (opponent does not need to fall down)
- Jumping at an opponent
- Charging (running into) an opponent

- Striking or attempting to strike an opponent.
- Pushing an opponent
- When tackling an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
- Spitting at an opponent
- Holding an opponent
- Deliberately handling the ball with hand or arms (not to be called unless the player is trying to contact the ball)
- Dangerous play (for example: high kicking near another players head; playing the ball while lying on the ground when an opponent is near; trying to head a low ball that someone else is trying to play with their foot)
- Getting between a player and the ball when the ball is not within playing distance (impeding)

12. Free Kick

- Free kick is given due to a player breaking a rule while the ball is in play and causing the referee to stop the game
- All free kicks are indirect – a goal may not be scored until the ball has been played or touched by a second player of either team.
- The kick is taken from the point of the foul, unless the foul was committed by a defending player within his own goal arc, in which case the kick is taken from the point on the goal arc nearest to where the foul was committed.

13. Penalty Kick – NO penalty kicks are to be taken for this age division.

14. Throw-In

A throw-in is taken to restart play when the ball goes over the touch line.

One re-throw must be allowed if foul throw occurs.

The referee shall explain the proper method before allowing the player to re-throw.

- Part of each foot has to be on the ground on or behind the touch line prior to release of the ball.
- The thrower at the moment of delivering the ball must face the field of play.
- Throw must be started with the ball behind the head.
- The ball must be thrown, not dropped.
- The player must face the direction of the throw.
- The thrower cannot play the ball again until it is touched by another player.
- A goal cannot be scored directly from a throw-in.

15. Goal Kick

During play, if the attacking team propels the ball over the goal line, but not into the goal, play stops. The Opposing team puts the ball back into play using a Goal Kick.

- Goal kick may be taken from any place on the goal arc and by any member of the opposing team.
- Opponent must be 6 yards from the ball.

16. Corner Kick

If the defending team propels the ball over the goal line, but not into the goal, play stops. The opposing team puts the ball back into play using a Corner Kick.

- Kick taken from quarter-circle in corner area.
- Corner flag or cone cannot be moved.
- Ball is in play once it is kicked.
- Kick is taken from corner nearest the spot where the ball went out of play.
- All opponents must be at least 6 yards from the corner arc.
- Kicker cannot play ball again unless touched by another player (either team).
- A goal cannot be scored directly from a Corner Kick.

17. Common Sense

- Do what is fair and right.
- No league standings are to be kept.
- Team officials and players are encouraged to shake hands with opponent before and after the game.