



# Laws of the Game – Modified

## 7v7

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### *Law 1 – The Field of Play*

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#### **7v7 DEVELOPMENTAL FIELD**

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 55 yards      maximum 70 yards

Width: minimum 35 yards      maximum 50 yards

Field Markings: Distinctive lines not more than (5) inches wide. The center mark is indicated at the midpoint of the field. A circle with a radius of eight (8) yards is marked around it.

The Goal Area: 6 yards out from the goal line x 6 yards wide of each goalpost.

The Penalty Area: 12 yards out from the goal line x 12 yards wide from each goalpost. A penalty arc with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

Penalty Mark: 10 yards

Flagposts: Conform to FIFA Laws of the Game

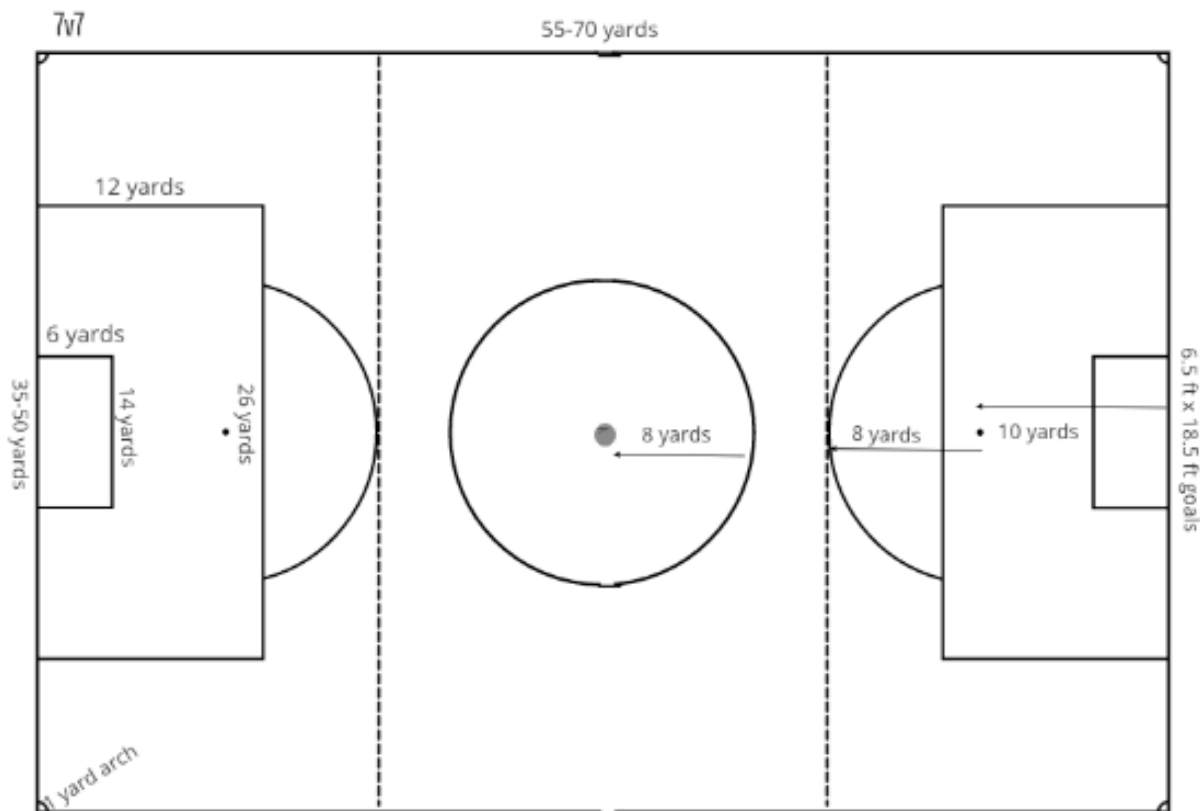
The Corner Arc: Conform to the FIFA Laws of the Game.

Build Out Line: Equidistant between the top of the penalty area and the halfway spot.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. The recommended distance between the posts is twelve (12) feet and the distance from the lower edge of the crossbar to the ground is six (6) feet.

Optional: For the developmental field the goal may be a maximum of 6.5 feet high by 18.5 feet wide.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.




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### *Law 2 – The Ball*

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Size four (4). The ball will need to be FIFA Quality.

Optional: use a lightweight size four (4) ball (see note below)

A lightweight version reduces the weight of a size 4 soccer ball while still staying within the standards set by U. S. Soccer. Physical benefits of a lightweight ball include less stress on joints at the moment of impact and young players can make long passes, hard shots and block attempts by opponents.

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### *Law 3 – The Number of Players*

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A match is played by two teams, each consisting of not more than seven (7) players, one of whom is the designated goalkeeper. A match may not start or continue if either team consists of fewer than five players.

Substitutions: At any stoppage of play and unlimited.



A player who is suspected to have a head injury leaves the field of play for additional evaluation; a substitution can be made in that moment.

Playing time: Each player SHALL play a minimum of 50% of the total playing time, which is controlled by the coach. Teams and matches may be coed.

The maximum team roster size is twelve (12)

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*Law 4 – The Players Equipment*

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Conform to the FIFA Laws of the Game. Non-uniform clothing, matching the uniform color, is allowed based on weather conditions. Uniforms must distinguish teams. Shinguards are MANDATORY for both practices and games, and must be covered entirely by socks. If needed, teams can be distinguished by scrimmage vests.

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry; with the exception of a medical alert bracelet).

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*Law 5 – The Referee*

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Registered referee with a minimum U. S. Soccer certification of Grade 9 or parent/coach or assistant coach.

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*Law 6 – The Other Match Officials*

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None.

Optional: use registered Assistant Referees, if available. If registered Assistant Referees are not assigned, it is permissible to use club linesmen/women (preferably parents) to signal ball out of play only.

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*Law 7 – The Duration of the Match*

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Conform to the FIFA with the exception of the match being divided into two (2) equal halves of twenty-five (25) minutes. There shall be a half-time interval of up to ten (10) minutes. No added time at the end of either half.



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*Law 8 – The Start and Restart of Play*

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Conform to the FIFA Laws of the Game, with the exception that the defending team is at least eight (8) yards from the ball until it is in play, and the defending must retreat behind the build-out line when a goal kick is being taken (see Law 16).

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*Law 9 – The Ball In and Out of Play*

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Conform to the FIFA Laws of the Game.

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*Law 10 – The Method of Scoring*

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Conform to the FIFA Laws of the Game.

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*Law 11 – Offside*

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Conform to the FIFA Laws of the Game, with the exception that the build-out line also serves as an offside line. Attackers cannot be penalized for an offside offense between the halfway spot and the build-out line. An attacking player would have to be between the build-out line and the opponent's goal line to possibly be in an offside position. By using the build-out line as the offside line, it's far less likely that passes over the top will be made and more space is created for movement off the ball for the second and third attackers.

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*Law 12 – Fouls and Misconduct*

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Conform to the FIFA Laws of the Game with the exception that an indirect free kick is awarded to the opposing team at the spot of the offense if a goalkeeper punts or drop-kicks the ball. If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.



When the GK has the ball in their hands the opponent must retreat behind the breakout line, like on a goal kick.

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*Law 13 – Free Kicks*

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Conform to the FIFA Laws of the Game with the exception that all opponents are at least eight (8) yards from the ball until it is kicked.

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*Law 14 – The Penalty Kick*

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Conform to the FIFA Laws of the Game, with the exception that the penalty mark is ten (10) yards from the goal line.

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*Law 15 – The Throw-In*

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Conform to the FIFA Laws of the Game.

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*Law 16 – The Goal Kick*

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Conform to the FIFA Laws of the Game with the exception that opposing players must retreat behind the build out line until the ball is in play. The team taking the goal kick may choose to restart play before the opponents have retreated behind the build out line. The ball is in play when the player taking the goal kick plays the ball and it clearly moves.

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*Law 17 – The Corner Kick*

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Conform to the FIFA Laws of the Game with the exception that opponents remain at least eight (8) yards from the ball until it is kicked.

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*Head Injuries*

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Per U.S. Soccer’s Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play allow for treatment/evaluation as needed. If the player leaves field of play for





additional evaluation, a substitution can be made in that moment. The player with the suspected head injury may not return to game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player. Any coach or parent insisting on returning the player to game without approved clearance will result in the referee ending the game.

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### *Build Out Line*

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The build out line promotes playing the ball out of the back in a less pressured setting.

- The two lines should be dashed and should separate the field into thirds.
- During a goal kick or when the goalkeeper has the ball in his or her hands during play, the opposing team must move behind the build out line until the ball is put into play.
- The goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed).
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. The ball is in play when the player taking the goal kick plays the ball and it clearly moves.
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway spot and the build out line. Players can be penalized for an offside offense between the build out line and goal line.
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line, however, the goalkeeper can put the ball into play sooner but (s)he does so accepting the positioning of the opponents and the consequences of how play resumes.
- To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play. Referees can manage the situation with misconduct if deemed appropriate. Referees should be flexible when enforcing the 6-second rule and counting the time of possession should only begin when all opponents have moved behind the build out line.
- Coaches are responsible for addressing these types of issues with their players, and should use the build-out line to teach their teams to build play. Doing so will inevitably lead to mistakes and



the opponent will score because of them. Your team may even lose a game because of such a goal. Coaches/clubs should work to educate parents on the benefits of learning to build play, and focus on the development of the players for the future rather than the scores of a 10U game. Contact the State Technical Director with any questions.

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*Developmental Philosophies and Best Practice Recommendations*

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- Coaches should have the age appropriate license issued by U.S. Soccer.
- The training-to-game ratio should be 2-3 training sessions per game played.
- Rosters should include no more than 12 players.
- Players should participate in no more than 20 games per calendar year and in no more than one game per day.
- Every player should play a minimum of 50% of the time in each game.
- Results and standings should not be recorded.
- Players should have a minimum of 2 rest days per week during the season along with planned breaks from organized soccer during the calendar year.
- Any travel should be limited to no more than an hour away.
- Events (tournaments, showcases, festivals, etc.) should provide a predetermined number of games with no advancement, placement games or champions.
- Athletes should be encouraged to participate in various sports.
- Players should get regular chances to play in all positions and roles.
- In a controlled and individual environment (where heading is an isolated skill being taught away from any form of opposition or other aspects of the game), the use of lightweight balls (foam, balloon, etc.) would be acceptable for teaching heading technique.
- Focus for training and instruction should revolve around technique, attitude, balance, and speed.
- Player first, club second, team third.
- Person first, athlete second, player third.