



# 7v7 PLAYING FORMAT & RULES

Last revised 8.12.2021

For NCFC Youth Recreation, La Liga, Challenge, Juniors and U11 Classic In-house Games

## CHECK IN REQUIREMENTS:

- **REC:** Printed copy of Roster from PlayMetrics
- **CH:** Printed, stamped copy of NCYSA Official Match Roster and player cards
- **JRS:** No formal check in requirements
- **LL:** Printed copy of NCFC Youth Official Match Roster

## Duration of Game

- **REC & CH:** Two 25-minute halves
- **JRS & LL:** Two 30-minute halves

## Number of Players on Field:

- 7v7 Including Goalkeepers (No punting)
- Minimum: 5 players including goalkeeper

## Ball Size: 4

## Field Dimensions:

 Approx. 60 yards x 40 yards

## Throw-ins:

 Yes (retakes and education encouraged)

## Heading:

 Not Allowed (per USSF Mandate)

## Team Areas:

- **Player & Coach Sideline:**  
\*ONLY rostered players and officials allowed
- **Parent/Spectator Sideline:**  
\*MUST sit/stand on half of field directly opposite their team's players and coach(es)

## Referees:

 One (1) referee provided by NCFC Youth

Except for La Liga which will have 3.

## The Field

- Dimensions: approx. 60 yards long and 40 yards wide. Field should have two build out lines located equidistant from top of penalty area and center circle.
- Goals: 6 ft high and 18 ft wide

## The Ball

- Size 4 ball to be provided by home team.

## Number of Players

- Max. number of players per team on the field at one time is seven, including GK.
- Min. number of players per team on the field is five (5).
- Substitutions can be made on any stoppage with the referees' permission

## Players' Equipment

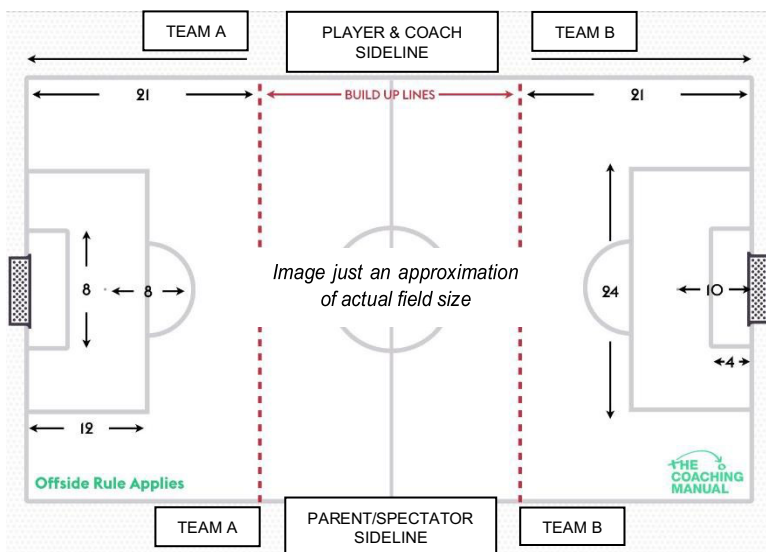
- All the teams must have home and away jerseys
- The team listed first on the schedule shall be the home team and if jersey color issue then they would be required to change.
- Players must not use equipment or wear anything dangerous to themselves or another player (No jewelry of any kind).
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats recommended, not required. No shoes with toe cleats (baseball cleats). No metal cleats.

## Referees

- A referee will be provided by NCFC Youth.
- All rule infractions shall be briefly explained to the offending player.

## Duration of the Game / Playing Time

- **REC & CH** – 2 x 25 min. halves
- **JRS & LL** = 2 x 30 min. halves
- Half time should be at least 5 minutes



## Starting the Game

- A coin toss between both team captains will be conducted by the referee. The team who wins the toss will have choice of kick off OR which goal to attack.
- Kickoff occurs at start of each half and after each goal. Opposing team must be outside center circle on their half of field.
- Kickoff - ball is in play when it is kicked and clearly moves in any direction, including backwards.
- After halftime, the teams change sides and kickoff is taken by the team who did not take the kickoff at the start of game.

## Ball In and Out of Play

- If whole ball crosses either sideline, then it is out of bounds and game should restart with a throw-in for the other team

## Method of Scoring

- The entire ball must travel over the goal line, inside of the goal.

## Off-Side

- Offside will be called per USSF Mandate, if it is blatant. Starting at the buildout line.  
\*Except for La Liga & In-house U11 classic where offside will begin at half way line.
- No offside directly from a throw in
- No offside directly from goal kick

## Fouls and Misconduct

- **No punting:** if a goalkeeper punts (volley or ½ volleys the ball from hands), the ball is given back to the goalkeeper and education occurs.
- **No heading:** Per USSF mandate. If a player intentionally heads the ball an indirect free kick will be awarded to the opposing team where the ball was headed. If this is inside their penalty area award the kick at the top of the box.

- **Slide tackling:** While this is legal, coaches should encourage players to stay on their feet to tackle the ball from an opponent.

## Build Out Line/Rule

### Goal Kick:

- All opposition players must retreat behind build-out line. They can only cross the build out line after the goal kick is taken. Game is live at that point.
- NEW: ball can be received inside penalty area by possession team on goal kick (per FIFA rule change 2019)

### Goalkeeper Possession

- The buildout line/rule is in effect when the goalkeeper has the ball in their hands. Once, the ball leaves the goalkeepers hands it is live.
- It is the goalkeeper's choice if they wish to release the ball from their hands before the opposition has retreated to the build out line and play is live from that point.

## Free Kick

- Indirect and direct free kicks to be given in accordance with laws of game.
- Opponents must be 8 yards from the ball.

## Penalty Kick

- Taken from 8 yards out
- Goalkeeper must keep one foot on goal line

## Corner Kick

- Awarded when ball crosses goal line, except through the goal, and was last played or touched by a defending player. Attacking team to take corner from same side of the goal on which it went across the goal line.
- Opponents must be 8 yards from the ball.