

**EHT SOCCER CLUB**  
**U7 Rules**  
**2024 Spring season**

- The overall objective of this league is to develop players to have fun in a structured environment.
- **Format:** 6 (six) field players and 1 (one) goalkeeper. 7v7. If a team shows up with less than 7 field players, adjust your field players to theirs. It's a kids game that makes it fun for them.
- **Field:** Modified 7v7. Field is a smaller 7v7 that is used in U8/U10.
- **SAND BAGS MUST BE USED on the base of the goals to prevent them from tipping over. DO NOT allow children to climb on the net or hang from the goals.**
- **Playing time:** All children are to play! Equal amount of time in all games. Children should play in different positions.
- **REQUIREMENTS:**
  - Shin pads, cleats and socks long enough to cover the top of the shin pads. If goalkeeper, please put a pinnie on them and gloves.
  - **NO JEWELRY! Earrings can't be taped, bracelets, necklaces etc must be removed. ONLY MEDICAL jewelry will be allowed!**
- **Game Length:** Games will consist of 2 (two) halves that are 25 minutes each. There will be a 5 minute halftime in between the halves. **Games MUST start on time, if not the time per half will be adjusted.** Teams will switch sides at halftime. Game will start when the (Coach) Referee blows the whistle.
- **HEADING: THERE WILL BE NO HEADING THE BALL! Players will not be allowed to head the ball until U13.** We want them to be safe and keep playing.
- **MERCY RULE: This is beneficial for ALL players.** If there is a 5 goal difference, the team with the lower score will add a player to the field of play. And the team with the higher score will remove a player from the field of play. Until the team with the lower score scores do we resume normal player counts.
- **Our of Bounds:** Play stops when the ball **completely** crosses the line. (Either sideline or goalline.) If the ball goes out on the sideline, the opposing team must throw the ball in. If the offense kicks it out of bounds past the opposing goal, the defense will have a goal kick. If the defense kicks it out of bounds past their own goal, the offense will have a corner kick.
- **SUBSTITUTIONS:** Must be made at the center line (midfield line) and only when the Referee acknowledges substitute. Injuries are the only exception to this rule. Have the player wait at the midfield line, you can place a cone there. Once the coach/referee acknowledges them, have them call off the player who they are replacing. Field coaches/Referees if there is a throw-in please look at the sideline and blow the whistle and let kids switch. Once kids are on the field of play, blow the whistle and resume play. After a goal is scored allow substitutes to move on/off the field while kids are resetting. Coaches you can let the Referee know that you would like to substitute.

- **GOAL KICKS:** place the ball anywhere along the line of penalty area, opposing team **MUST** provide 10 yards of space from the ball.
- **GOALKEEPER SAVES:** There will be **NO** punting. If the goalkeeper makes a save, they should roll the ball to a teammate.
- **REFEREES:** The coaches shall referee their own games. **1 (ONE) coach from each team** will be allowed on the field of play to referee and coach the kids. You must stay out of the goal box. At no point should there be more than 1 coach from the same team, unless removing an injured player.
- **SIDELINES:** Parents are going to sit on the opposite side of the field. Please have parents sit 2' away from the sideline. **NO ONE sits on the goal line side of the field. This is for the kids SAFETY!**
- Have fun cheering for the entire team, not just your child.
- At the end of the game, have kids line up on the sideline and give high five and say good game. Shows good sportsmanlike behavior.