

Highlands Ranch Soccer Association 4v4: U7 Rules of Play

Modified Rules per CSA Guidelines – Fall 2016

- **No heading** – Indirect free kick given to the opposition if player deliberately heads the ball. If the ball accidentally hits someone's head play should continue. An indirect free kick will be awarded where the header occurred.

Field Dimensions

- The field of play is rectangular with the length being 25 – 35 yards and the width being 20 - 25 yards.

Field Markings

- The field markings include for the first time a penalty area. The goalkeeper can use their hands within this area, they are allowed to leave the area but can only use their feet once outside.

Size of the Goal

- 5 feet tall by 10 feet wide

The Ball

- U5 – U8: Size 3 ball

Number of Players

- U7: Teams play with 4 players on the field for each team. A recommended maximum of 8 players on the roster, the game is played **with a goalkeeper**. HRSA recommends that all players move forward and back together as a team in relation to where the ball is.

All players must play at least 50% of all games, equal playing time is encouraged.

Goalkeepers

- **No punting** – if the goalkeeper punts the ball they will receive a warning and allowed an opportunity to throw or pass the ball into play. If this occurs a 2nd time with the same Goalkeeper an indirect free kick will be awarded on the edge of the goal area parallel to the infraction.
- **Build Out Lines** – To support the U8 - U10 rules all opposing team players will be asked to retreat to the halfway line when the GK has the ball in their hands and also when they have a goal kick. This is to support playing the ball out from the back and to encourage players to receive the ball with more time and less pressure. **Opposing team players can cross the halfway line once the ball has been received by an intended recipient from the Goalkeeper.**

Duration of the Game

- U7: The game is divided into two 20 minute halves with a 5 minute halftime.
- Players and coaches are encouraged to arrive at least 15 minutes before the game to help warm up and prepare for the game.

Substitutions

- Substitutions are allowed on any stoppage of play.
- We recommend the coach allows the players to get into the flow of the game and not substitute every 3 – 4 minutes. This also helps ensure players get to play the required playing time.
- All restarts are kick in's; there are no throw in's until U8 soccer.

Fouls and Infractions

- **Referees/Facilitators:** Referee's will be used at both U7 games. Referees are essentially there to "facilitate" the game. The home team provides the referee; the referee should have attended the U6/U7 Referee training class to fully understand the rules. Each team is encouraged to send 2-3 volunteers.
- In the event that a player commits a foul such as hand ball, push or any other infraction. We recommend that the referee/facilitator give the player positive and calm feedback before considering calling a foul on a small child. But, in the event that a foul is called, all free kicks will be indirect (must touch another player before a goal being scored or the kicker can touch the ball again). There are no penalty kicks or direct free kicks for U6 – U8 teams.
- Soccer is a contact sport; players are allowed to make shoulder to shoulder contact within close proximity of the ball.
- No players at these young ages maliciously or intentionally foul each other. Fouls that are committed (tripping, colliding, and pushing) are mainly due to the lack of body awareness and control.

Ball in and out of play

The ball is out of play when the entire ball crosses over a touch line, whether it is on the ground or in the air.

- All restarts are indirect.
- **Kick In's:** There are no throw in's at ages U5 – U7, a "kick in" is awarded to the opponents of the player who last touched the ball before leaving the sideline.
- No players are allowed to kick the ball twice from restarts, must be touched by another players before they can kick it again. If this happens, explain to the player and allow them to kick again.
- **Goal Kicks:** Taken by the defending team after the ball has crossed the goal line after being touched last by the attacking team. The kick may be taken anywhere within the goal box. The defending team must go back to the half way line; this allows the attacking team more time for success when kicking the ball in. See rule above regarding when defending team can pressure the ball.
- **Corner Kick:** When the defending team kicks the ball out over their own goal line. The ball will be placed within 1 yard of the corner to restart. The defending team must retreat at least 5 yards back from the corner until the ball is back in play.

Offside

- U5 – U8: There are no offside's

Scoring

- Scores will not be published at these age groups. However the coaches should report the scores to the Littleton SC office through the recommended format provided by LSC administrators. The scores are used to appropriately flight teams to try and ensure fair and balanced games.
- In the event that one team is ahead by 5 or more goal differential, the losing team has the option to add an extra player to the field. If the goal differential becomes 3 goals, the losing team must remove the additional player. This rule is intended to provide a balance if teams are flighted inappropriately.

Practices

- U7 teams should practice once to twice a week for 60 minutes. Teams wanting to practice twice a week should contact the age group administrator.

Uniform

- HRSA uniforms are ordered online on HRSA's website through Soccer.com, I. Players are required to wear the official HRSA Club uniform, previous style uniforms are accepted. Individual teams cannot wear tank tops, t-shirts with team names or other modified jerseys.
- The uniform consists of a Royal and White reversible shirt, black shorts and white socks.

- Home team wears royal and away team wears white.
- For safety reasons players should not wear uniforms with their name printed on it.
- Following items are NOT permitted:
 - 1) Hair control devices with hard parts.
 - 2) Jewelry of any sort including earrings.
- Following items are CONDITIONALLY permitted:
 - 1) Religious medals or medical tags which are taped to the body.
 - 2) Splints, casts, braces or other joint support devices that, on both coaches opinion are not dangerous and/or are padded with pliable material to eliminate the dangerous condition, e.g. bubble wrap.
- Footwear, molded soccer cleats are recommended or tennis shoes (sneakers) Sharp edges are not allowed, e.g. baseball cleats with metal parts.
- Shin guards are mandatory during all games and practices. Shin guards are to be worn underneath socks and NOT over the top of them.

General Rules

- **Coaches:** Coaches are encouraged to coach from the sideline at all games. We want the game to flow as much as possible and not be stopped excessively by coaching or the referee/facilitators.
- Coaches and players of BOTH teams are highly encouraged to sit on the same side of the field. Spectators (parents, grandparents etc.) should sit on the opposite side of the field.
- Half time and end of game snacks are encouraged; parents should rotate responsibilities to provide these.
- HRSA is very proud of its history and tradition of good sportsmanship from its players, coaches and parents. Each person shall abide by the player, coach and parent code of conduct.

Highlands Ranch Soccer Association Club.

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