

NSYSA Soccer
Modified Rules of Competition
Outdoor Recreational Soccer
7 v 7 (U9 and U10)

These rules are modified from the FIFA Laws of the Game. [Laws of the Game](#) can be found on the USSoccer.com website. Modifications may include, for example: size of the field, size of the ball, size of the field and goals, duration of the halves, and use of return substitutes.

Everyone must respect the decisions of the official and their decisions, remembering and respecting that referees are human and will make mistakes. Officials will be requested from the local Club.

Players, coaches and officials will make mistakes and we must encourage and support their efforts.

All competitions shall be governed by the Rules as stated herein in all cases where they are applicable. All members of NSYSA shall be governed by these Rules of Competition. Good judgment, sportsmanship and fair play should govern the decisions and actions of all the players, coaches, referees and spectators. These rules are subject to changes/edits as needed.

Law 1 Field of Play

The following specifications are applicable to **7 v 7** competitions administered by NSYSA.

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 length is **55** yards - maximum length is **65** yards

Width: minimum width is **35** yards - maximum width is **45** yards

Interior markings include a halfway line, a center circle (8 yard radius), a goal area (4 yards x 8 yards), a penalty area (12 yards x 24 yards), a center circle (8 yard radius), and corner arcs (1 yard radius).

Build Out Line: **Halfway between the top of the penalty area and the half line**

The build out line promotes playing the ball out of the back in a less pressured setting. 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. After the ball is put into play by the goalkeeper, the opposing team can cross the buildout line and the play resumes as normal. The goalkeeper may choose to restart play before the opponents have retreated behind the Build Out line.

Goals: **6 x 12 feet** goals will be placed on the center of each goal line. In case permanent goals are not available, flags or cones may be used to mark the goals (18 feet wide) and corners. For the players' safety, no one should hang from the crossbar of the goal at any time during a game or practice. Coaches and players will be along one touchline. Coaches and players should be restricted to their half of the touchline/technical area. Parents and spectators will be together on the **opposite** touchline. Players, coaches and spectators should not be along the penalty area touchlines or behind the goal line.

A game may be postponed at the field site if weather conditions are too hazardous for play. Extreme weather includes lightning, heavy snow or ice on the ground. Rain is not a reason to postpone play.

No dogs or pets allowed near the playing field.

Law 2 The Ball

A size **four (4)** ball will be used for all practices and games.
The home team is responsible for providing the game ball.

Law 3 The Players

The match is played by two teams, each consisting of not more than **seven (7)** players, one who shall be the goalkeeper. Minimum of six (6) players to start and continue a match.

Maximum roster is **twelve (12) players**. Each player shall receive 50% of the total playing time. The coach is responsible for enforcing this rule. In some situations, with approval by NSYSA Director of Recreation, a club may authorize an additional player on the team.

The official may allow the game to be played 5 v 5 when one team does not have enough players to field a team of 7 players on the field. NSYSA also supports sharing players when one team does not have enough players. The team sharing players may choose different players for the second half to allow their own players a chance to play with their teammates.

Substitutions may be made, with the consent of the referee, during any stoppage of play or for an injury.

Substitutions will be allowed in order to give an opportunity for all players to get equal playing time and to balance rather than run up the score.

Players not on the field of play must remain two (2) yards behind the touchline and not along the goal area or behind the goal line.

Printed rosters are required to be submitted prior to the game to the Referee.

Law 4 Player Equipment

Conform to FIFA Laws of the Game.

A minimum "official" uniform is the standard NSYSA issued jersey with number and socks.

Shin guards are MANDATORY for practices and games. Socks must be worn up and over the shin guards.

Safety.

A player must not use equipment or wear anything which is dangerous to himself or another player. All items of jewelry are prohibited and must be removed. Taping of earrings is prohibited. Players may tape a medical necklace or bracelet.

All or any member(s) of a team may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects provided that: (1) The proper team uniform is worn outermost; and (2) Any hat should be without peak, bill or dangling or protruding object of any kind; and (3) Referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.

Prosthetic Devices must pose no danger to other players on the field. The referee's judgment shall be the final determining factor.

Law 5 The Referee

Small sided officials will be appropriately assigned to NSYSA recreational games. Coaches have a clear responsibility to respect the official and their decisions. Referees are not expected to explain their calls as the coach has access to the law book.

Games will be officiated by a small sided official. In the event that a referee is not present, both coaches will mutually agree upon an official. If the coaches cannot agree, a parent/coach from the home team will referee the first half and a parent/coach from the away team will referee the second half. The parent/coach must refrain from coaching while refereeing.

It is the duty of each official to conduct himself/herself in a manner becoming a member of the league, encourage fair competition and good sportsmanship at all times and enforce the rules of the league.

Misconduct reports: If a player or coach is cautioned or ejected, the referee must complete a misconduct report within twenty four (24) hours with the club.

The referee will have the responsibility of ensuring that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee who is satisfied that the bleeding has stopped.

Law 6 Other Officials

None.

Law 7 Duration of the Match

Two (2) x twenty-five (25) minute halves and a five (5) minute half time break. Time will not be added to the game for time lost due to substitutions or injury.

Law 8 Start and Restart of Play

Conform to the FIFA Laws of the Game, with the exception that the defending team is at least **five (5)** yards from the ball until it is in play.

Restarting play after a temporary delay, there will be a drop ball for the team that last touched the ball at the spot where the ball was declared dead. All other players shall be 4.5 yards away. The ball shall be deemed "in play" when the ball has touched the ground. The player taking the drop ball cannot score a goal directly from a drop ball.

Restarting the play after a temporary delay when the ball was last touched in the penalty area or in the penalty area, will be restarted with a drop ball to the defending goalkeeper (regardless of who last touched the ball).

Goalkeeper kicks and punts are NOT allowed. Goalkeepers may roll, throw or place the ball down and pass the ball. The opposing team must move behind the build out line until the goalkeeper puts the ball into play. The goalkeeper may choose to restart play before the opponents have retreated behind the build out line.

Law 9 Ball in and out of play.

Conform to the FIFA Laws of the game.

The ball is out of play when it has wholly crossed the goal line or whole touchline, whether it is on the ground or in the air. "The whole ball over the whole line."

The ball is out of play, when the referee has stopped the game.

Law 10 Method of Scoring

Conform to the FIFA Laws of the game.

A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air between the goal posts (flags) and under the crossbar (height of the flags).

In the event that cones are used for markers, the height of the crossbar will be determined by the height of the goalkeeper's hands.

There will be no published team standings and game scores will not be recorded.

Law 11 Offside

Conform to the FIFA Laws of the game with the exception that the midfield line serves as the offside line. An indirect free kick will be awarded to the defending team.

Law 12 Fouls and Misconducts

Conforms to the FIFA Laws of the game with the exception that all opponents shall be at least eight (8) yards from the ball on the restart..

Play should be stopped when a player acts in a careless, reckless or dangerous manner.

No heading. An indirect free kick is awarded to the opposing team from the spot of the offense.

No slide tackling. An indirect free kick is awarded to the opposing team from the spot of the offense.

No goalkeeper drop kicks or punts. 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. Goalkeepers may roll, throw or place the ball down and pass the ball.

No contact will be made with the goalkeeper who has possession of the ball. A goalkeeper with one finger on the ball is considered to have possession. A goalkeeper is considered to be in control of the ball when touching the ball with any part of the hand or arm.

Not every touch of the ball to a player's hand or arm is an offense.

A player or coach who receives an ejection shall not participate in his/her team's next game.

A spectator who has been asked to leave the field of play shall not attend the team's next game.

Law 13 Free Kicks

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

Direct and Indirect kicks will be awarded.

A goal cannot be scored from an INDIRECT free kick unless the ball has been played or touched by a player other than the kicker before passing through the goal.

The kicker shall not play the ball a second time until it has been touched or played by another player.

Until the ball is in play, the opponent must remain eight (8) yards from the ball.

When there are three or more defending players in a 'wall' all attacking players must remain at least one (1) yard from the wall until the ball is in play.

Law 14 Penalty Kicks

NO PENALTY KICKS.

Law 15 Throw In

Conform to the FIFA Laws of the Game.

The ball is out of play when it has wholly crossed the whole touchline, whether it is on the ground or in the air.

A goal shall not be scored directly from the throw-in.

If an incorrect throw occurs, a throw in shall be awarded to the opposing team.

Opponents must stand at least two (2) yards from the point on the touchline where the throw is to be taken.

Law 16 Goal Kick

Conform to the FIFA Laws of the Game.

When the whole of the ball passes over the whole of the goal line, excluding the portion between the goal posts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the attacking team, a goal kick will be awarded.

A goal kick may be taken from anywhere inside the goal area by any member of the defending team.

The kicker shall not play the ball a second time until it has been touched or played by another player.

The ball is in play when it is kicked.

The opposing team must move behind the **build out line** during a goal kick until the ball is put into play. The team taking the goal kick may choose to restart play before the opponents have retreated behind the build out line.

Law 17 Corner Kick

Conform to the FIFA Laws of the Game with the exception that all of the opposing players are to be at least **Five (5)** yards from the ball until it is kicked.

When the whole of the ball passes over the whole of the goal line excluding that portion between the goal posts and under the crossbar, (either in the air or on the ground), having last been played by one of the defending team, a

player of the attacking team shall have a corner kick.

A goal may be scored directly from a corner kick.

The kicker shall not play the ball a second time until it has been touched or played by another player.

Team Responsibilities

All teams are responsible for the cleanup of the fields after each game. Please do not leave garbage on the sidelines. Opposing coaches and players are encouraged to cheer for the other team at the end of the match.

Parents and Spectators should enjoy and encourage the activity of the players and refrain from coaching during the match. Please cheer and acknowledge players that exhibit good sportsmanship.

Coach Responsibilities

The assigned coach should attend every practice and every game. All coaches, team managers, and assistants must comply with all Risk Management requirements. There must be an approved adult at all functions.

The coach shall collect a WYS Medical Release form, available on the club website, signed from the parent/guardian for all players and have access to these forms at all practices and games.

Coaches, their assistants or spectators are not allowed on the field of play during the game unless permission is given by the referee (in case of emergencies or unusual situations).

The coach is responsible for his own behavior as well as that of his players, parents and spectators. Remember this is for fun!

Every player must play in each game at least 50% of the playing time unless they are not able to play due to illness or injury.

Coaching from the sidelines is permitted but not recommended. Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical.

Make sure that you have a game ball properly inflated before the game starts. Make sure that your players are properly equipped and ready to play.

In case of injuries during the game, assure that the player is properly attended to. Check his/her condition after the game and follow up with a call to the home in the evening.

In the event an injured player requires medical attention,

A coach shall complete an Incident Report, available on the CLUB website, and submit within 24 hours of injury/incidence.
