



## AYSO Region 214 – U7 Guidelines

### **The Field:**

The field size for U7 games is 20 x 35 yards.

### **The Markings:**

Distinctive lines recommended.

Halfway line the width of the field, marked equidistant between the goal lines. Center circle with a six-yard radius in the center of the field. Goal area in front of each goal measuring 6 x 12 yards.

### **The Goals:**

The goals are 4 x 8 feet.

### **The Ball:**

A size 3 ball is used for U7 games.

### **The Players:**

There will be five per team on field with no goalkeeper. Seven maximum on roster.

Substitutions are between periods, at halftime and for injuries. Each player will play a minimum of three periods per game and no player should play four periods until everyone has played three periods.

### **Player Equipment:**

Shoes and shinguards, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.

### **Duration of Game:**

Four 8-minute periods. Halftime break of 5–10 minutes.

### **The Start of Play:**

The game should be started with a kick-off in the middle of the field.

### **The Kick-off:**

A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Opponents must be six yards from the center mark while kick-off is in progress.

### **Fouls & Misconduct**

Direct free kicks for all fouls, with the opponents six yards away from the ball. Free kicks are awarded to the attacking team inside the defending team's goal area and should be taken from the nearest point on the goal area line in front of the goal. There are no penalty kicks. Referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs. Do not show yellow or red cards.

### **Official:**

AYSO certified U8 Referees or higher are required for U7 games. Typically one U8 official comes from each team, but the game can be managed by just one U8 official. The U8 Official should briefly explain any infringements to the player(s) and encourage proper play and sporting behavior. As with all games, every effort should be made to keep the game moving and free from stoppages for doubtful infractions. Let them play and enjoy.