



DEARBORN HEIGHTS SOCCER CLUB

PLAYING RULES AND REGULATIONS: U7

I. THE FIELD OF PLAY

- A. FIELD DIMENSIONS: The field of play shall be rectangular, it's length not being more than 45 yards nor less than 35 yards. Field width will be no more than 35 yards not less than 25 yards. The length in all cases shall exceed the width.
- B. MARKINGS: Distinctive lines shall outline the field of play. Lines shall be two to five inches wide. A halfway line shall be marked out across the field, from touchline to touchline. A center circle shall exist with an eight-yard radius. The goal box shall be four to six yards from each goal post and six yards into the field of play and joined by a line parallel to the goal line.
- C. SPECTATOR VIEWING: Spectators are welcome to enjoy the game from the bleachers or bring their own chairs that may be placed no closer than three yards from the touchline (sideline). Spectators should sit between the goal box lines extended, not behind the goal line, the goals, or the corners. Spectators may NOT stand on the sideline and "coach" the players on the field. That is the job of the coach.
- D. COACHES: NO coaches are permitted on the field when play is in progress. Coaches are permitted to coach the players from the sidelines between the goal box lines extended.

II. THE BALL

- A. The ball used will be a size four (4) ball.

III. NUMBER OF PLAYERS

- A. The maximum number of players on a team roster shall be as follows:
 - 1. 2004 Fall and 2005 Spring Seasons: There shall be a maximum of ten players on the team roster.
 - 2. 2005 Fall Season: There shall be a maximum of eight players on the team roster.
- B. The maximum number of players on the field at one time shall be five (unless Rule XVII applies). The minimum number of players shall be four. **ONE OF THE PARTICIPANTS SHALL BE A GOALKEEPER.**

- C. Substitutions shall be unlimited. Substitutions may take place by either team before a kick-in, goal kick, corner kick, after goals, and/or quarter breaks. All substitutions, both on and off the field, shall be done at the halfway line. Substitutions for injured players can occur after the referee has stopped play. **ALL SUBSTITUTIONS NEED THE REFEREE'S PERMISSION WHEN THE GAME IS IN PROGRESS.** Substitutions during breaks in the quarters require no permission.
- D. **PLAYING TIME** shall consist of four twelve-minute quarters. There shall be breaks of two minutes between quarters and a five-minute break at halftime. **EACH PLAYER SHALL PLAY A MINIMUM OF 50% OF THE TOTAL PLAYING TIME.**

IV. PLAYER EQUIPMENT

- A. Each player shall purchase a uniform from the DHSC. Purchase of uniform is separate from registration. The uniform may be used for multiple seasons and/or age groups. Each player must wear a DHSC issued uniform. **NO PLAYER MAY PARTICIPATE WITHOUT A UNIFORM.**
- B. **SHINGUARDS MUST BE WORN AT ALL TIMES. NO PLAYER MAY PARTICIPATE WITHOUT SHINGUARDS.** THE SHINGUARDS MUST BE WORN AGAINST THE SKIN, COMPLETELY COVERED BY THE SOCCER SOCKS. Soccer cleats are recommended, but not required. A participant may play in tennis shoes.
- C. A player may not wear anything that is dangerous to themselves or to the other participants. **NO EARRINGS, JEWELRY, OR METAL HAIRWARE. NO EXCEPTIONS.**

V. REFEREES

- A. Referees shall be provided whenever possible. Their decisions on points of fact connected with the game shall be final. They shall verbally explain the infraction called to the offending player. If no referee is available, the coaches should continue the game by designating a substitute referee. **ABUSE OF COACHES/REFEREES WILL NOT BE TOLERATED.**

VI. THE START OF THE GAME

- A. The home team shall decide which goal it will attack. The visiting team shall kickoff. The kick-off shall take place at the center of the field. Opponents must be a minimum eight yards from the center mark until the ball is played. The ball is in play when it is kicked and moves forward.

VII. METHOD OF SCORING

- A. The whole of the ball must cross the goal line between the goal posts and under the cross bar. A goal cannot be scored directly from a kick-in, carried into the goal, or intentionally propelled by the hand or arm into the goal.

VIII. BALL IN AND OUT OF PLAY

- A. The whole of the ball must cross either the goal line (end line) or the touchlines (sidelines). The ball is also out of play whenever the referee deems and blows his/her whistle to stop play.

IX. FREE KICKS

- A. All free kicks shall be **INDIRECT** free kicks. A goal cannot be scored directly from an indirect free kick. Another participant must play the ball before it enters the goal. The ball does not have to be played by a member of the same team. **THERE WILL BE NO PENALTY KICKS.** All free kicks in the penalty area shall be indirect. **A KICK OFF IS AN INDIRECT FREE KICK.**

X. FOULS AND MISCONDUCT

- A. Conform to FIFA Laws. All fouls are awarded an **INDIRECT FREE KICK**. Opponents must be at least six yards away from the ball. The referee must explain **ALL** infractions to the offending player and his/her coach. The Head Referee has copies of the FIFA Fouls and Misconduct. Copies can be made available to coaches and/or parents.

XI. OFFSIDES

- A. The offside rule will not be enforced at this age level.

XII. KICK-IN (DRIBBLE-IN)

- A. When the ball crosses the touchline, the game shall be restarted with a kick-in (dribble-in) from the spot nearest where the ball left the field of play. Opponents must be a minimum of six yards from the ball.

XIII. GOAL KICK (DRIBBLE-IN)

- A. When the ball crosses the goal line and was last played by an attacker, the defending team shall restart the game by taking a kick-in (dribble-in) from any point within the goal box (six yard box). Opponents must be a minimum of six yards from the ball and are not allowed inside the goal box.

XIV. CORNER KICK (DRIBBLE-IN)

- A. When the ball crosses the goal line and was last played by a defender, the attacking team shall restart the game by taking a corner kick (dribble-in) at the intersection of the goal line and touchline. Opponents must be a minimum of six yards from the ball.

XV. GOALKEEPER

- A. The goalkeeper may handle any ball that has been played to him/her by a teammate and/or opponent. The goalkeeper shall have a maximum of six seconds to play the ball by punting, throwing, or dribbling the ball. The goalkeeper must play the ball before leaving the goal box (six yard box). **PENALTY:** An indirect kick for the attacking team.

XVI. GOOD SPORTSMANSHIP

- A. Players are encouraged to shake hands with opponents before or after the game. No scores are kept. Every game ends in a tie. No league standings are kept. Publicity of the game and results are strongly discouraged.

XVII. FOUR GOAL LEAD RULE

- A. When a team is losing a game by four or more goals, the losing team's coach has the discretion to add an additional player on the field. The additional player may continue to play until such time the difference in score is three goals. **COACHES ARE ENCOURAGED NOT TO RUN UP THE SCORE (SEE PEE WEE SOCCER POLICY)**. The coach of a team who is winning by five goals or more should consider imposing restrictions on his players, which will allow the players to improve different skills during the game, such as: players may only score after three consecutive passes, may only score with player's weak foot, may only shoot after all of the team's players have handled the ball, or only player X may score. Use your imagination.

XVIII. NO SMOKING POLICY

- A. Smoking is prohibited on or around the playing field at all times.

**THE GAME IS FOR THE CHILDREN. LET THEM LEARN AND PLAY,
BUT MOST IMPORTANTLY, LET THEM HAVE FUN!!!!**