



State Association

## Small Sided Standards

### 7v7 Standards of Play

#### Modified Laws of the Game

Rosters should include no more than 12 players  
Deliberate heading is not allowed in 7v7 games

- If heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team

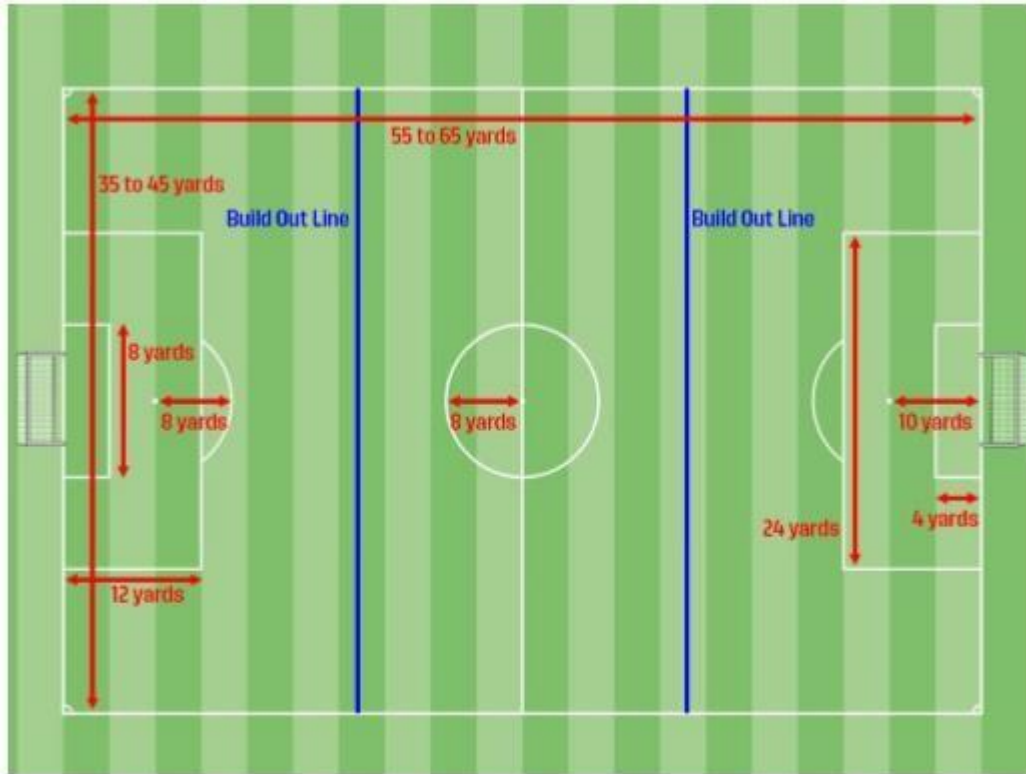
#### Law 1 – Field of Play

- 55-65 yards (length)
- 35-45 yards (width)
- Goals should be no larger than 6.5 feet (height) x 18.5 feet (width)
- A 6.5 feet (height) x 12 feet (width) goal is recommended based on the age and ability of the players  
Diagram contains recommended field markings and dimensions
- Build out lines should be equidistant between the penalty area line and halfway line

**\*\* SEE BUILD OUT LINE DESCRIPTIONS BELOW\*\***

- The build out line promotes playing the ball out of the back in a less pressured setting.
- When the goalkeeper has the ball, either during play from the opponent or from a goal kick, the opposing team must move behind the build out line until the ball is put into play.
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed).
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.
- The ball is considered, “in play” when the goalkeeper’s intended recipient has received the ball, or the ball has crossed the build out line without being touched by a teammate. The ball is not considered in play the moment that the goalkeeper releases the ball.
- Goal kick – the opposing team must also move behind the build out line prior to a goal kick and may only cross the build out line once the ball has left the penalty area

- If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.
- If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- The build out line will also be used to denote where offside offenses can be called.
- Players cannot be penalized for an offside offense between the halfway line and the build out line.
- Players can be penalized for an offside offense between the build out line and goal line.



#### Law 2 – Ball

- Size 4 ball

#### Law 3 – Players

- 7v7 (6 field players and 1 goalkeeper)
- Game may not start or continue if there are less than 5 players on a team
- Substitutions are unlimited and can occur at any stoppage

#### Law 5 – Referee

- Minimum certification as a U.S. Soccer Grade 9 Referee

#### Law 6 – Other Match Officials

- Used at the discretion of the competition

Law 7 – Duration of the Match

- 2 halves
- 25 minutes halves
- 10 minute halftime
- No added time

**Standard Laws of the Game**

Law 4 – Players' Equipment

Law 8 – Start and Restart of Play

Law 9 – Ball In and Out of Play

Law 10 – Method of Scoring

Law 11 – Offside

Law 12 – Fouls and Misconduct\*

Law 13 – Free Kicks

Law 14 – Penalty Kicks

Law 15 – Throw-in

Law 17 – Corner kick