



State Association

## Small Sided Standards 7v7 Front Range League

### 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 goal area, an indirect free kick is awarded to the opposing team from the spot on the goal area line at the nearest point parallel to where the infringement occurred.

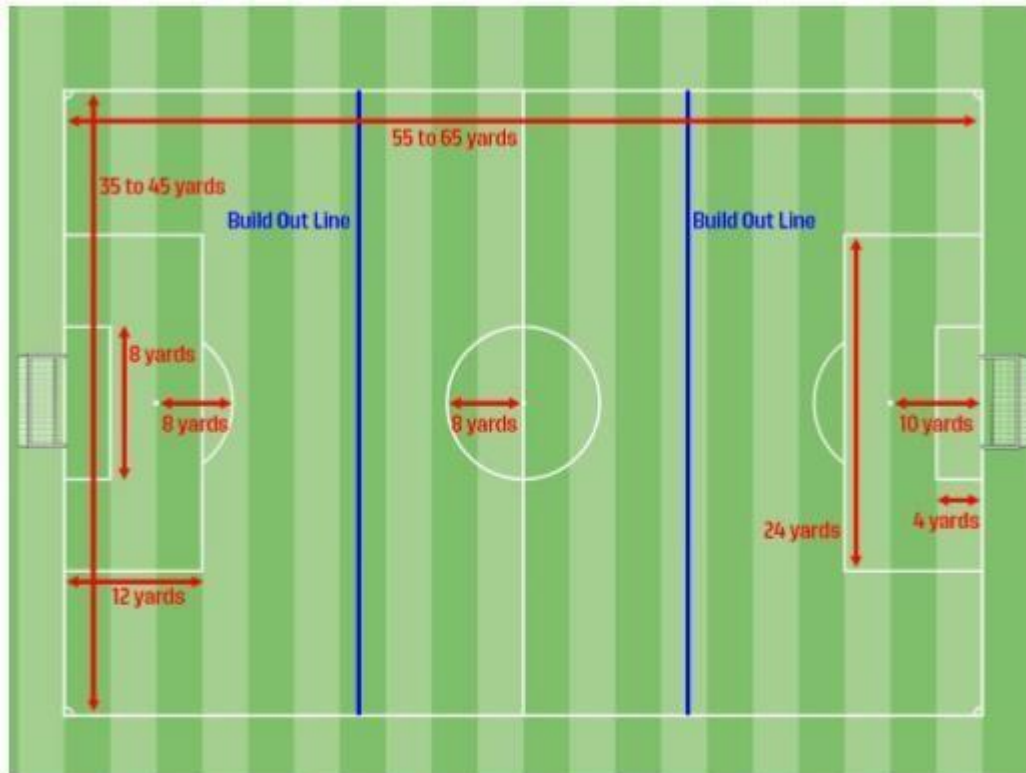
### Law 1 – Field of Play

- 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

#### **\*\* BUILD OUT LINE DESCRIPTIONS HERE \*\***

- The build out line promotes playing the ball out of the back in a less pressured setting.
- When the goalkeeper has the ball, during play from the opponent all opposing team players 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 has released 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 and has been put back in to play. Per Law 16 a goal kick is in play when the ball leaves 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 at the nearest point parallel 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