

Appendix E

19U 7v7 Policies

Current ORL policies apply to any item not covered in the special 19U 7v7 policies.

Age

“19U” includes 17U, 18U and 19U as defined by US Soccer’s Player Matrix for the current year.

Number of Players

The maximum number of players on the field per team at any one time is seven (7), one of which is a goal keeper.

The maximum number of players on a roster shall not exceed twelve (12).

The minimum number of players to start a match is five (5).

Coed teams playing in a coed league must always have at least two female players on the field not including the goal keeper.

Field of Play

Standard 9v9 field: 70x45 min/80x55 max, 21x7 goal

Duration of the Game

30-minute halves with 10-minute half time.

Goal Kicks/Keeper Played Balls

A goal kick taken by any player or any ball played by the goal keeper from within his or her own penalty area, from the hands or the feet (thrown, kicked, punted or drop-kicked), **may not** cross the half way line without first touching the ground or any other player.

SANCTION: *An indirect free kick is awarded to the opponents on the half way line at the point where the ball crossed.*

Offside Rule

Conforms to FIFA

Substitutions:

Unlimited at any stoppage of play with the referee’s permission.