

● TIGERS FC RECREATIONAL SOCCER PROGRAM

7U COED/GIRLS LEAGUE RULES

Revised: July 2017

Number of Players: Recommended number of players four (4) per side (4v4). May play even-up at five (5) per side (5v5) with coaches' agreement. If needed, three (3) per side (3v3). If one team does not have the minimum number of players, they can play a player from the same division or lower, if that player is already registered with GASC.

Registration: All players must have properly completed registration forms for the Tigers FC Recreational soccer program.

Equipment: During cold weather, league shirt must be shown over garments

- Shin guards are mandatory, Socks over shin guards
- Size 3 ball
- League shirt
- Cleats are recommended (no baseball cleats). Tennis shoes are allowed
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, scrunches are allowed. No metal hair clips
- Water to drink

Field Dimensions: Match Fields 14-15: 33 yards. X 22 yards.

Goal Dimensions: 4 ft. x 6 ft.

Game Duration: Four (4) x 10-minute quarters. One (1) minute quarter break. Maximum (max) of a five (5) minute half time break.

Game Rules

- ****GOAL ARC RULE.** Three (3) yard arc. There is no ball contact allowed within the arc, however, players or ball may pass through the arc area. **If a defensive player within the arc contacts the ball, a Penalty Kick is awarded to the opposing team.** *Procedure: Ball is placed at top of arc; all players are to stay behind the 5-yard line; only the shooter can the kick ball, at top of arc, on the referee's whistle. If ball returns to playing area, play can continue.* Ball contact by an offensive player constitutes a goal kick for opposing team. If ball comes to rest within the arc area, a goal kick is awarded regardless of who touched it last. **Only the whole of the ball, across the Arc line is considered infringement.**
- Unlimited substitution may be done at any time. Players may be substituted on the fly; however, it is recommended that it be done during a stoppage of play (goal scored, ball out of play, beginning of quarter).
- No offside
- All kicks are indirect: except the kickoff. Player kicking the ball cannot touch the ball again until a second player for either team has touched it.
- No throw-ins. Kicks shall occur from point where ball goes out of play over touchline.
- Goal kicks or corner kicks occur when ball goes out of play over the goal line without scoring a goal.
- Goal kicks must clear the five-yard line. Any infractions shall result in redo of goal kick. Goal kick may start anywhere on the goal arc line.
- **THREE YARD RULE.** Start of play and Free kicks will take place with all players at least 3 yards (radius of center circle) away from the ball.
- Goals may be scored on kickoff
- No goalies
- Kickoff - the ball can move forward or backwards. Any infractions shall result in redo of kickoff. Each successive quarter should alternate kick-off from team to team. Teams switch goals at half-time.
- All players, shall not engage in heading in practice or in games.
 - If a player, who is competing in a contest, deliberately heads the ball, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the infringement. An indirect free kick awarded inside the goal area must be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

Referees: Center referee will be assigned. Coaches and assistant coaches may referee their own games if an assigned referee is not available. No linesmen will be used.