

## Division 5 -- 7 v 7 Rules

1. Division 5 plays with 7 players from each team competing on a small field (6 field players and a goalkeeper). This division uses size 4 soccer balls. All players must wear shin guards.
2. Field size for this division is 70 yards x 45 yards with 7 x 21 ft goals
3. Games are played with two 25-minute halves. There is a five-minute break at half-time. Games should conclude ***no later than*** ten minutes before the start of the next game even if your game started late. Although the referee will be keeping a clock, coaches are ultimately responsible for properly managing the start and end of games.
4. The home team (the team listed first on the schedule) picks which sideline they want to sit on. The players and parents of the visiting team sits on the opposite sidelines. This is to avoid any potential for arguments among families. Coaches are responsible for managing their sidelines and reminding parents to model good sportsmanship.
5. There is one center ref for each game. Coaches are not allowed on the field except to assist with injuries. Coaches and assistants should remain close to the halfway line on their respective sideline. No coaches, assistants, parents or otherwise should be near the goal providing instruction at any time.
6. As soon as a game concludes, players and coaches should meet at the halfway line and shake hands. (it is also good practice to shake the ref's hand). Players, coaches and spectators should clear the sidelines as quickly as possible to allow the spectators and players for the following game to take the field. Coaches should designate an area away from the pitch to have a short team meeting and pass out snacks rather than doing that on the sidelines. **Please pick up all trash and empty water bottles before exiting the sidelines.**
7. All players should have at least 25 minutes of playing time per game (50%). Coaches should not leave their best players in the game the entire time and every player should come out of the game at some point during the game unless there are no subs.

8. Unlimited substitutions can be made at any stoppage of game with permission from the ref. It is ref's discretion to allow a substitution in the last minute or so of the game. Time continues to run during substitutions. Players waiting to enter the field should wait at the halfway line until the player leaving the field is at or near the sideline. This helps ensure that equal numbers of players are coming off versus coming on the field.
9. No standings or results are recorded or published for this division. Coaches are expected to not run up the score on the opposing team. The general rule is that when a team is up by four goals, the coach should start implementing restrictions to challenge their team. For example, a coach can require a certain number of passes before the team tries to score again, or require every player to have a touch on the ball before the team can shoot on goal or a dominant player may be restricted from scoring again until all his/her teammates have also scored. This fosters better development of all the players, not just those who are early blossoming athletes.
10. There is no intentional heading at this division (in games or in practices). Any intentional heading results in the opposing team getting an indirect free kick from the spot where the intentional heading occurred (indirect kicks mean that another player must touch the ball before a goal can be scored). However, if either team commits the foul in the penalty box then the indirect kick is taken from top of the penalty box at the point nearest where the infraction occurred.
11. Coaches are expected to follow strict concussion protocols in the event of any head injury. Always err on the side of caution and remove any player suspected of having sustained any head injury.
12. Kick-offs, free kicks, throw-ins, goal kicks, and corner kicks are used to start or re-start play. All restarts and free kicks are indirect kicks. Opponents should stay 10 feet away from the ball on all restarts or free kicks.
13. The ref may allow a player to re-take an incorrect throw-in after giving them instruction. After the second consecutive infraction, the ball will turn over to the other team.
14. Goal kicks can be taken anywhere within the goal box. Defending team players may not touch the ball until after it crosses out of the penalty box.

15. There are no penalty kicks taken. Indirect free kicks may be awarded for infractions or fouls. Defending players must stay 10 feet from ball on free kicks.
16. There is slide tackling allowed in this division however any slide tackle from behind and/or that makes contact with the player in possession (even if you contact the ball first) is illegal and may result in an indirect free kick.
17. Obvious off-sides is enforced in this division. Please note, there is only a center ref for each game so it is likely that some off-sides infractions will not be called. It is in the ref's sole judgment if a player is off-sides. Arguments with the ref or yelling at the ref for missed calls is not appropriate in any circumstance.
18. Coaches are expected to make safety and fun the top priorities. Any issues that arise during the game should not be resolved through an argument on the field but should be brought to the attention of the Director of Coaching and/or the league as soon as practical. Remember--the outcome of these games will not impact any player's ability to obtain a college scholarship!