

West Lothian Soccer Development Association

Soccer 7s RULES and GUIDELINES (taken from the Constitution)

6.1 The duration of the game shall be:

- a) under 8 – soccer 4's
- b) under 9 - 2 x 25mins
- c) under 10 - 2 x 25mins
- d) under 11 - 2 x 25mins
- e) under 12 - 2 x 30mins

The match supervisor has the discretion to alter this in event of bad weather or pitch conditions.

- a. If a goalkeeper kicks from hand, from half volley (i.e. bounce ball first) or from a bounce or throw in the air and the ball goes over the halfway line without bouncing, then an indirect free kick to the opposing team on the centre spot shall be awarded.
- b. Goalkeepers attempting to gather the ball by hand will **not** be challenged.
- c. The off-side law shall not apply, except our oldest age group
- d. The option exists to use throw-ins or kick-ins to restart the game.

The Association will opt for the following:

- | | | | |
|----|----|-----------------|--|
| f) | a) | Under 12 | will take throw-ins (foul throws to be awarded) |
| g) | b) | Under 11 | will take throw-ins (no foul throws to awarded) |
| h) | c) | Under 10 | will take throw-ins (no foul throws to be awarded) |
| i) | d) | Under 9 | will take throw-ins (no foul throws to be awarded) |
| j) | e) | Under 8 | will kick in to restart (soccer 4s) |

Coaches/Match supervisors should instruct players on the correct technique, if a foul throw is committed.

- e. On **All Occasions** when the game is restarted, the opposing players should be at least 6 metres away from the ball.
- f. Penalty kicks shall be taken at 7 metres from the goal line.
- g. The ball shall be re-centred after a goal has been scored.
- h. If a team is losing by a margin of 5 goals, they may increase the number of players by 1 to a maximum of 8. Should the margin decrease, so that the difference between the scores is 3 goals, then the player should be removed. (nobody benefits from one team inflicting a heavy defeat on another team.)
- i. Each team may consist of a maximum of 12 registered players, under 12's maximum of 16 registered players and may be a mixture of either sex. (No trialists will be permitted)
- j. Substitutions may be made at any time in the match, coaches must ensure that each player gets an equal opportunity to play. (Giving young or less able players 5 minutes at the end of a game is against the principles of soccer sevens and must be avoided.)
- k. Each team will supply the following match ball:

- | | | | |
|----|----|-----------------|---------------|
| k) | a) | Under 12 | size 4 |
| l) | b) | Under 11 | size 4 |
| m) | c) | Under 10 | size 3 |
| n) | d) | Under 9 | size 3 |
| o) | e) | Under 8 | size 3 |

1. The Association will implement the 'Passback rule' as follows:

- | | | |
|----|----------|--|
| a) | Under 12 | The Passback Rule applies. |
| b) | Under 11 | Players will not be penalised if the player handles the ball from a passback, but Keepers should be encouraged not to handle the ball from a passback. |
| c) | Under 10 | Players will not be penalised if the Keeper handles the ball from a passback. |
| d) | Under 9 | Players will not be penalised if the Keeper handles the ball from a passback. |
| e) | Under 8 | Passback rule does not apply. |

Rules for 1997s

1. All Teams to comply to West Lothian Soccer Development Association Constitution

2. The Field of play

The field of play will be

55m-65m long

36m-45m wide

Box 10m x 20m

Offside line 18m from bye line

6m Centre Circle

Penalty spot – 9m from bye line

3. Goalposts

Soccer Sevens goals (4.9 m x 1.8 m) will be used.

4. Teams

Teams will comprise 6 outfield players plus a goalkeeper. Team squads may consist of up to 16 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible. In the event of an obvious mismatch, the weaker team, as jointly agreed by the respective team leaders, may field an extra player.

If a team is losing by a margin of 5 goals, they may increase the number of players by 1 to a maximum of 8. Should the margin decrease, so that the difference between the scores is 3 goals, then the player should be removed. (Nobody benefits from one team inflicting a heavy defeat on another team.)

5. The Ball

A size 4 Football should be used.

6. Offside

A player is considered to be in an offside position if inside the 18 metre area of the opposing team and is nearer the goal line than the ball and two opponents.

7. Retreating Line

When a goalkeeper has the ball in his hands or the ball has gone out of play for a goal kick the opposition must retreat behind the 18m lines. The keeper can then distribute the ball to a teammate to take an early touch from which the game is live and normal play resumes. If an attacker enters this area before a first touch is taken by defender then free kick awarded to defending team. If ball comes to a stop in this area before first touch is taken by defender then attacker can go in.

8. Duration of the Game

The duration of the game shall be 30 minutes each way with a 5-minute interval. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch.

9. Match Supervisor

In an effort to prepare the young players for the 11-a-side game, a match supervisor will be appointed with authority to enforce the rules of play and, considering the educational importance for the participants, ensure fair play.

10. Kick-off / Goal Kicks / Throw-ins / Free Kicks

Kick-offs will be taken from the centre spot at the start of each half and after a goal is scored, opponents to be outside 6-metre circle. Goal kicks, ball must come out box before ball is in play. The throw in should be used as normal, opponents to be 2 metres from throw in. Free Kicks, opponents should be 6 metres from the ball.

11. Re-start

Play shall be re-centred after a goal has been scored with the opposing team at least 6 metres from the ball.

12. Equipment

All players must wear shin-guards. Metal studs are suitable for grass fields only. Glasses may be worn provided they have safety frames and lenses.

13. Pass back

The current pass-back rule will apply.

14. Penalty Kicks

Normal rules apply with the kick taken from the penalty mark, which are 9 metres from the goal line.

15. Goalkeepers

Goalkeepers may kick or throw the ball out as preferred. If a goalkeeper kicks from hand or from half volley (i.e. bounce ball first) and the ball goes over the halfway line without bouncing, then an indirect free kick to the opposing team on the centre spot shall be awarded. Goalkeepers attempting to gather the ball by hand may not be challenged.

16. Behaviour

Team coaches should substitute players displaying unacceptable behaviour.

NOTE: At the end of every game, team coaches should encourage both teams to shake hands.