

SCUFC Training Corps 7v7 Rules

1. **Field of Play:** 35/40 yards x 55/60 yards for 8U to 12U teams OR 45/50 yards x 70/75 yards for 13U to 19U teams.
2. **Ball:** Size 5 ball will be used for all ages except 12 years and under. Size 4 ball will be used for all ages 12 years and under. When a 12U plays a 13U team a size 5 will be used.
3. **Number of players:** All divisions will play 7v7. Minimum number of players to start and continue to play is four players.
4. **Team Roster:** Team representative is responsible to have a copy of the roster of players to present to the official for every game. Every team may have a max of two adult coaches on the team sideline area. Teams need to bring two color jersey / T-shirts for every game. Home team changes if both jersey / T-shirt are the same.
5. **Required Equipment:** Shin guards, flats, turfs or molded cleats that are not dangerous to himself or another player.
6. **Duration of the Game:** Two (25) min halves with a (5) min half time.
7. **Kick-Off:** The kick-off can be played forward or backwards. Goals can be scored directly from the kick-off.
8. **Three-Line Violation:** No player is allowed to play the ball over three lines in the air without touching another player or the referee. The restart is a direct free kick from where the ball crossed the first line.
9. **Free Kicks:** Goals can be scored directly from the spot of the foul as long as it does not cross over three lines in the air. The defensive team must stand back 5 yards from the ball.
10. **Heading:** No deliberate heading of the ball for 8U to 12U. Restart on any infraction of this rule will be an Indirect Free Kick at the spot of the deliberate header.
11. **Substitutions:** Unlimited substitutions are allowed by both teams at any stoppage in which the player is ready to enter play at mid field. Substitutions may be made on the following stoppages of play:
 - Prior to a throw in
 - Prior to a goal kick by either team
 - After a goal by either team
 - After any injury by either team when the referee stops play (unlimited)
 - At the beginning of the second half
 - When the referee stops play to caution a player, only the cautioned player may be substituted prior to the re-start of the game

- 12. Goalkeepers:** No punting is allowed in all age groups. Restart on any infraction of this rule will be an Indirect Free Kick at the spot of the punt.
- 13. Back Pass:** The Goalkeeper may not touch the ball with his / her hands when the goalie's own teammates have passed the ball back intentionally to him or her with their feet. However, balls headed or chested back to the Goalie by the goalie's own teammates may be picked up.
- 14. Goalkeeper Area:** Goalkeeper will be able to use his / her hands within the PK area. Any direct kick foul committed within the Pk area will result in a Penalty Kick that will be taken from a mark in the PK area.
- 15. Throw In:** All throw ins will be taken where the ball went out. A goal may not be scored directly from a throw in.
- 16. Penalty Kick:** Taken from a mark in the Goalkeeper area. All players must be 5 yards away from the ball.
- 17. Adding An Additional Player:** Whenever a team trails by 5 goals the team trailing will be able to add an additional player. If at any time during the game the score gets less than 5 goals the trailing team will go back to 7v7.
- 18. Playoff games:** Two 25 min halves with a (5) min half time. In the event of a tie teams will play one (5) min sudden death overtime period. If the game is still tied at the end of the sudden death overtime period then both teams will do three pk's per team. If still tied after three pk's then both teams will do sudden death pk's.
- 19. Determining Standings:** 3 points for a WIN, 1 point for a TIE, 0 points for a LOSS. Forfeits will be recorded as a 5-0 game. Schedules, scores and standings can be found on club website and sent by the league administrator.
- 20. Determining teams tied on points in Standings:** (1) Head to Head, (2) Most goals scored maximum is five goals per game, (3) Least goals allowed-maximum is five goals per game, (4) Pk's