
SOCCER 7s

THE TEAM

1. A team shall consist of 7 players on the field at any one time. There is no goalkeeper.
2. Up to 7 substitute players are allowed per team with unlimited interchange. Player interchange can only occur when the ball is out of play or in a dead ball situation.

THE FIELD

1. The playing field is to be half of a normal soccer pitch and play will be across the field.
2. The size of goals may vary but a suggested size is 5m wide x 1m high. In the event of a goal being knocked down by the ball a goal kick or corner kick must be awarded.
3. A penalty box is to be drawn extending 10m from the goal line into the field of play and 7.5 metres each side of the centre of the goal.

VARIATIONS TO SOCCER RULES

1. There is NO offside rule.
2. All free kicks are to be direct.
3. No more than two opposing players may form a wall in a free kick.
4. Any infringement which takes place inside the penalty area will result in a free kick from the half-way line with all opposing players behind the defending team's goal line but not directly behind the goal. No one may interfere with the progress of the ball towards goal once the kick has been taken.
5. If the ball passes over the goal line or fails to reach the goal line a goal kick is awarded.
6. There is a restriction of 3 players per team allowed in the penalty box at any one time. Incidental entry can be admonished but should not be penalised.

** All other rules follow the general rules of soccer including the use of yellow and red cards.
