

AYSL Coach/Referee U7 Game Rules

Commissioner (use cell on Saturday if necessary)
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TO START THE GAME

- Visiting (gold) team kicks off and the home team (blue) chooses which goal to defend.
- Start on time, so games stay on schedule.

GAME DURATION

- 10 minute quarters
- 1 minute break at quarters
- 5 minute break at the half
- change directions at the half

PLAYERS

- 3 field players plus goalie
- 4 field players plus goalie ONLY if one or both team(s) have 9 players

FIELD and BALL

- #3 ball to be provided (properly inflated) by the home team.
- One goal box, no penalty kicks

SUBSTITUTIONS

- No substitutions in the first 3 quarters, except for injuries.
- If there is extra playing time to be shared, the coach may sub half way through the 4th quarter. Referees should let coaches know when the 4th quarter is half over.

GOAL KICKS

- On a goal kick for the offensive team (team taking goal kick), the defensive team must remain behind the halfway line until the kick is taken.

FREE KICKS

- All are indirect
- Foul in goal box:
 - o *against defense*: free kick 5 steps outside box
 - o *against offense*: free kick from edge of the box
- The opposing team should be back 8 yards on a free kick

GOALKEEPERS

- Protect and help them
- Teams must rotate keeper each quarter.
- Keepers must wear different color shirt/pinny over the top of jersey

THROW INS

- In case of an improper throw in, let the play go on, and remind player to keep feet down, use 2 hands, etc.

FOUL PLAY

- This is difficult since little kids end up on the ground a lot.
- Try to talk to the kids during play and tell them not to push with their hands, etc.
- If you have a player who is guilty of over aggressive play in your mind, you can ask the coach to take him/her out for awhile to calm them down. They can come back in at the next quarter they are scheduled to play in.

NO

Penalty Kicks Direct Kicks
Slide Tackles Offside Rules
Hard Casts
Keeper back pass or 6 second rule

INSTRUCT AND REPLAY

Kickoff Indirect Kicks
Goal Kicks Corner Kicks
Goalie Handling (first time)

HEADING

- No heading is allowed in practices or games. A 'dangerous play,' resulting in an indirect free kick, will be awarded to the opposing team, if a player intentionally uses his head to play the ball. The referee will have the discretion to decide if the head ball is intentional, which will be penalized.