

**HSC: Nashville Youth Soccer Association  
Modified FIFA/IFAB Laws  
Under 7 Division**

**Law I – The Field**

- A. Field Size: 20 yd x 40 yd
- B. Goal Size: 10'W x 5'H x 3'D

**Law II – The Ball**

- A. Ball Size: three (3)

**Law III – The Number of Players**

- A. Maximum of 10 players per team
- B. On Field: 4 players and a goalkeeper (5 v. 5)
- C. The coach should remain on the touchline along the bench side of the field (from the goal line to the mid line on the side of the field with their bench) during the game. Note: The coach or anyone filling in for a coach must be at least 18 years of age. Only the coach and one assistant coach are permitted on the player's bench side of the field during the game. All other parents and spectators must watch the game from the opposite touch line. No assistant coaches or spectators may sit/stand/coach from behind the goal or along the goal lines.
- D. Substitutions should occur only at the quarter break, except in the case of injuries, for which substitutions may occur at any time with the permission of the referee. However, once a player is substituted out, he/she may not return for the rest of that quarter.
- E. All players must be given the opportunity to play at least ½ of the game.
- F. Coaches should refrain from talking to the referee during the game. If the coach has a question, he/she should wait for half time or the conclusion of the game. The referee will not stop the game or the clock to talk to a coach.
- G. No player should play more than 1 quarter of a game in the goalkeeper position.

**Law IV – Player's Equipment**

- A. Soccer cleats or tennis shoes (cleats are preferred). Baseball or Football cleats (cleats which contain a single cleat at the toe or very front of the shoe) are not allowed.
- B. Shin guards are required to be worn underneath the sock. The sock must completely cover the shin guards at all times. Players are not permitted to take the field without shin guards.
- C. ALL items of jewelry are strictly forbidden and must be removed prior to game time. This includes all necklaces and bracelets (whether string, leather, metal, or plastic), rings, earrings (including nose rings, tongue studs, and other piercings), leather bands, rubber bands etc. Using tape or band-aids to cover jewelry is NOT acceptable - the item must be removed. Furthermore, players must remove from their hair ALL hard clips, beads, or large bows from their hair. Soft "scrunchies" or pony-tail holders are permissible. The referees will inspect teams prior to each game and will ask a player out of compliance in this area to remove the jewelry or hair accessory.  
The player will not be permitted to play unless they are in compliance.

**Law V – The Referee**

- A. Certified or league approved Referee.

**Law VI – The Assistant Referees**

- A. Not used for this age group

**Law VII – The Duration of the Match**

- A. Length: The game shall be divided into 4 equal quarters of 10 minutes each.
- B. Breaks: There shall be a 2 minute break between the first and second quarter and the third and fourth quarter and a 5 minute half-time break.

- C. Teams shall switch goals at half time.

#### **Law VIII – The Start of Play**

- A. The referee shall determine the team that kicks off with a coin flip or referee discretion.
- B. Opponents must be at least 5 yards from the center mark while the kick-off is in progress and all players must be in their own half of the field of play
- C. The ball must be stationary on the center mark until the referee gives a signal to start.
- D. The ball is in play when it is kicked and clearly moves.  
The player kicking the ball on a kick-off must not kick the ball again before another player touches the ball.
- E. A goal may be scored directly against the opponents from the kick-off.

#### **Law IX – Ball in and out of play**

- A. The ball is out of play when it has wholly crossed the goal line or the touch line. The ball is in play at all other times.

#### **Law X – Method of Scoring**

- A. A goal is scored when the whole of the ball crosses the goal line, between the goal posts and under the crossbar, provided that no infringement of the Modified Laws has been committed by the team scoring the goal.

#### **Law XI – Offside**

- A. There is no offside offense in this division.

#### **Law XII – Fouls and Misconduct**

- B. Fouls shall be called with an understanding of the age of the players. A foul may be called if a player commits any of the following offenses: kicking, striking, or attempting to kick or strike an opponent; charging or tackling an opponent in a violent, reckless, or dangerous manner; tripping, pushing, or holding an opponent in a violent, reckless, or dangerous manner or in a manner which creates an advantage for the player; using obscene or profane language or making such gestures; spitting at an opponent; deliberate handling of the ball.
- C. All fouls shall result in an INDIRECT FREE KICK.  
If a player deliberately passes the ball back to his/her own goal keeper, and the goal keeper touches the ball with his/her hands, this is considered deliberate handling of the ball (the goal keeper IS allowed to kick the ball however to another team mate) and as such, the opposing team will be awarded an indirect free kick. See Law XIII, section B for the procedure to handle this infraction.
- D. The referee and/or coach shall explain all infractions to the offending player.
- E. There shall be NO SLIDING by a player on the field for any reason. A slide is defined as the deliberate leading of one foot or both feet when going to ground.
- F. In accordance with the U.S. Soccer Concussion Initiative, deliberate heading of the ball is prohibited. When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

#### **Law XIII- Free Kicks**

- A. There are no direct kicks and all fouls shall result in an indirect free kick taken at the spot
- B. of the foul. The ball must be stationary on the taking of the free kick and the kicker shall
- C. not touch the ball again until it has been touched by another player of either team.
- D. A foul committed by either team in the penalty area the ball will be placed on the line at the front of the penalty area.
- E. The opposing team shall be at least 5 yards away from the ball when the free kick is
- F. taken.

### **Law XIV – The Penalty Kick**

- A. There are no penalty kicks in this age group.

### **Law XV – Throw-Ins**

- A. A throw-in is necessary when the ball goes out of play across a touchline. The thrower must face the field when delivering the ball and part of each foot shall be on the touchline or on the ground outside the touchline. The thrower shall use both hands and shall deliver the ball from directly behind and over his or her head.
- B. A goal may not be scored directly from a throw-in.
- C. At the discretion of the referee, successive throw-ins may be allowed if the initial attempt is improper.
- D. After delivering the ball, the thrower must not touch the ball again until it has touched another player.
- E. All opponents must stand no less than 2 yards from the point at which the throw-in is taken.

### **Law XVI – Goal Kick**

- A. A goal kick shall occur if the attacking team kicks the ball over the defending team's goal line without scoring a goal.  
The ball must be stationary and is kicked from any point inside the goal area by a player of the defending team.  
Opponents must be outside the penalty area until the ball is in play.
- B. The ball is in play when it is kicked and leaves the penalty area.
- C. The kicker must not kick/touch the ball again until it has touched another player.
- D. A goal may be scored directly against the opponents from a goal kick.
- E. If the ball does not leave the penalty area after two attempts, the opposing team will be awarded a corner kick.

### **Law XVII – Corner Kick**

- A. A corner kick shall occur if the defending team kicks the ball over their own goal line or if the defending team's goal kick fails to leave the penalty area after two attempts.
- B. A corner kick shall occur from anywhere inside the corner arc with the opposing team at least 5 yards away. A goal may be scored directly from a corner kick.
- C. The ball is in play when it is kicked and moves.
- D. The kicker must not play the ball again until it has touched another player.

### **Conditional Modified Rules**

- A. The Conditional Modified Rules (CMR) will go in effect when a 6-goal differential occurs in a game.
- B. The Conditional Modified Rules are:
  - 1. The leading team may only take shots on goal from outside the penalty box area.
  - 2. If a goal is scored from inside the penalty box area, it will result in a goal kick.
  - 3. CMR will be in effect for the remainder of the game or until the trailing team ties the game, whichever occurs first.
- C. The referee will keep score during the game. Immediately following the goal that puts the game at the designated goal differential (6), and before the ball is returned to play, the referee will confer with both coaches at the midfield line on the sideline to share that the CMR is going into effect (briefly explaining the CMR, if necessary). The coaches will also be given the opportunity to quickly call their players to the sideline to remind their players about the change in play.

The International Football Association Board *Laws of the Game* may be downloaded from the USSF web site at: <http://www.ussoccer.com/referees/laws-of-the-game> or from the IFAB web site at: <http://www.theifab.com>.