

PCSL

U7 Guidelines

Field: Dimensions: 35 yards long, 25 yards wide

Game Time Gym

Game: Ball: Size 3

Format: 5 v 5

No goalkeepers.

Substitutions: Between periods, at halftime and for injuries.

Playing Time: Minimum of two periods per game and no player should play four periods until everyone has played three.

Teams: Only players should be allowed on the field, with the exception of a coach from each team who will manage the game.

Referees: There is no need for referees to manage U7 games. Coaches should "officiate".

Duration: Four 8-minute periods. Half time break of 5-10 minutes.

Start of Play: The game should be started with a kick-off in the middle of the field. Coaches determine which team starts and then alternate kicks. Coaches will ensure that opponents are at least five yards from the spot of the kick.

Ball in and Out of Play: To be determined by the coaches.

Ball over the end line: An indirect kick from the end line for the defensive team and a "corner" kick for the offensive team.

Ball out on the side: throw in.

Goal Kicks: Should be from the end line. On either side of the goal box/arc. Build Out line- Per US Soccer's recommendations. The build out line is used to promote playing the ball out of the back in an unpressured setting. The half way line will act as the build out line for these age groups. The defending team should retreat back to half field prior to the goal kick being taken. The defending team may move forward once the goal kick has been taken and the ball is touched by the attacking team.

Fouls & Misconduct: To be assessed by the coaches. Direct free kick for all fouls, with the opponents five yards away from the ball.

Player Equipment:

Foot wear: Soccer shoes, tennis shoes or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. Football and baseball cleats are not allowed.

Shin guards: Mandatory, must be covered entirely by socks.

Uniform: Standard PCSL uniform, purchase online at <https://ascsoccercorner.tuosystems.com/stores/pcsl2223>