U7 Soccer Program:

Modified Laws for U7
Revised April 2026

emsa north
Mini Community Premier

U-7 program

In all cases, the requirement for safety of all players supersedes these rules.

Objectives of the U7 game

- To provide a safe, supportive, challenging environment
- To maximize playing time for each player
- To prepare the players for the 7vs7 game
- Develop passing and receiving skills
- Help create a passion for the game

Law I – The Field:

A. Dimensions:

a. As much as possible U7 games will be scheduled to play across U11 regular fields unless the community league has established a clear U7 playing area.

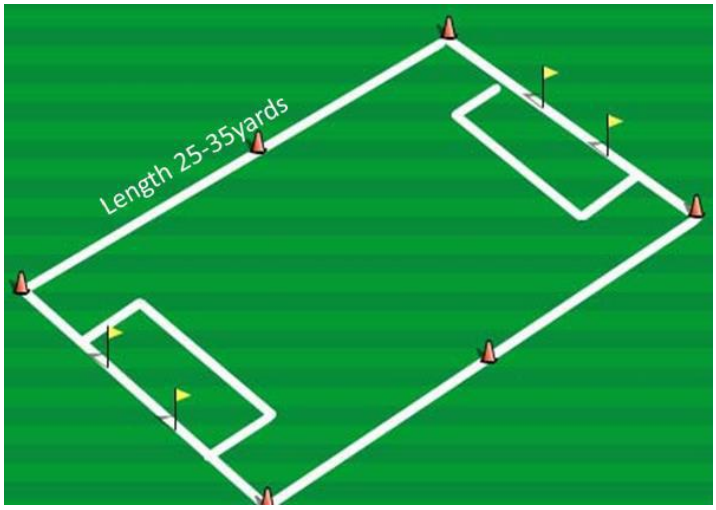
b. If setting up green space for a playing field the area should be a Length of 25 – 36 meters with a Width of 20 - 26 meters

c. The field must be rectangular in shape; if lines are not provided, use cones to set out appropriate area. The field of play shall always be rectangular.

d. Depending on your field availability the field can be extended 3 or 5 meters. However, the field should not be less than the above format.

B. Markings:

1. Distinctive lines are necessary, sidelines and end-lines.
2. Where lines have washed away coaches should place cones to mark the play area
3. If playing on a U11 field the halfway line can be marked out across the field by placing cones in the appropriate halfway area on the sidelines.
4. Other marks are possible but not necessary for the enjoyment and development of the youngsters.
   A. A center circle with a five yard radius
   B. Four corner arcs with a two-foot radius
   C. A goal area



C. Goals:

1. **U7 teams use Bow Nets.**
2. Cones may be used to create a goal area forming a rectangular box 8 feet deep x 12 feet long.
3. If a team is missing their bow net, flags or cones can be used to set a goal. Both sides should follow this format.

Law II- The Ball: The ball should be size 3

Law III- Number of Players:

A. Teams play 5 vs 5, with a minimum of 4 players per team on the field always and a max of 5.

B. 1 player is permitted to play the position of goalkeeper. It is suggested they wear colours which are distinguishable from those of other players. The goalkeeper may wear gloves and tracksuit type pants if desired.

C. Maximum roster size for U7 is 12 players.

D. Substitutions: During any stoppage of play.

E. Playing time: each player shall play a minimum of 50% of the total playing time. (Whenever possible)

F. Players should be provided the opportunity to play all positions.

Law IV – Player equipment:

A. Footwear: Runners, turf shoes or cleated soccer shoes. (no baseball cleats)

B. Shin-guards and socks covering the shin-guards - Mandatory

C. Jersey- Supplied by zone through Tim Hortons Sponsorship. In case of jersey conflicts, the home team is responsible for putting their players in pennies. The Keeper should wear a pinnie at all times and be distinguishable from other players.

D. No jewelry on the field, piercings must be removed and cannot be covered by tape. No hard casts, soft casts may be permitted provided it does not pose a risk to other players

E. Religious Apparel is allowed if it does not pose a danger to the player or others aroundthem (please use common sense and contact the office if you have concerns)

F. In the case of poor weather players may wear attire to keep them from the elements as long as it does not pose harm to them or to other players (sweatshirts – no hoodies, sweatpants)

G. No sunglasses, ball caps/ hats.

H. Player to supply own water bottle, discourage sharing between players.

Stats and Scores

No stats or scores are kept at this age level.

Law V- Referee:

There are no referees at U7 and the players need to be in close contact with the instructional coach, each team should have a representative on the field. Each person (preferably the coach) will take their half of the field.

Law VI – Linesmen: No linesmen at this level

Law VII- Duration of Game:

A. The first 25 minutes will consist of skills and drills.

B. Short break for snacks

C. Then a 25 minutes game will be played. There are no half times to worry about changing sides.

D. Home team has preference for the side of the field they wish to play on.

Law VIII – The Start of play:

A. The start of play shall consist of the visiting team starting with the ball at center.

B. The defending team shall be 6 meters away from the center at any start from center.

C. The ball may be played in any direction but cannot be touched by the same player twice or before another player has touched it. If this occurs the ball must be restarted.

Law IX – Ball in and out of play:

A. Kick-in's only if ball goes out of bounds. The ball is awarded to the opposite that put it outside the field of play. Place the ball on the ground have the player kick it into the field of play.

B. No throw ins allowed.

C. If the ball exits across the goal line, it is a goal kick.

Law X – Method of Scoring:

A. Goals will be awarded when the ball is kicked into the net, or between the goal posts (pylons, flags).

B. For the protection of the goalkeeper no scoring may occur **inside** the goal area.

C. A goal can be scored from anywhere on the field except inside the goal area, directly from a kick-off, goal-kick, free-kick, or throw-in.

D. Goals must be scored no higher than 5 feet. (If there are no nets)

E. No goals can be scored directly from a corner kick. It must touch another player before it enters the net.

Law XI – Off-Side: There are no off-sides.

Law XII – Fouls and misconduct:

All fouls are IN-DIRECT: this means the ball must be first passed to another player before a goal can be scored. Most fouls are not intentional, but rather are due to lack of understanding or coordination.

A. No pushing, hitting, kicking, or holding an opponent and no intentional hand balls.

B. All fouls or free kicks will result in an **indirect** free kick with the opponents 6 meters away. Indirect means it must touch another player from any team before a goal can be scored.

Law XIII – Free Kick:

A. All free kicks are Indirect, and the ball must clearly move before it is considered in play. If the balldoes not move the player retakes the kick.

B. A goal shall not be scored until the ball has been played or touched by a second player of either team. (Indirect)

C. No free kicks shall be taken by the attacking team within the defending teams' goal box.

D. Coaches should whistle any attacking play that moves inside the defending team goal area to

protect the keeper. Play is restarted with a goal kick.

E. Restarts by a goal kick require pushing opposing players back 6 meters to create playing space.

F. The ball must touch a teammate of the keeper before the opposing team can attack the ball.

Law XIV – Penalty Kicks: No penalty kicks

Law XV – Throw-in:

- No throw-ins, all restarts are kick-ins.

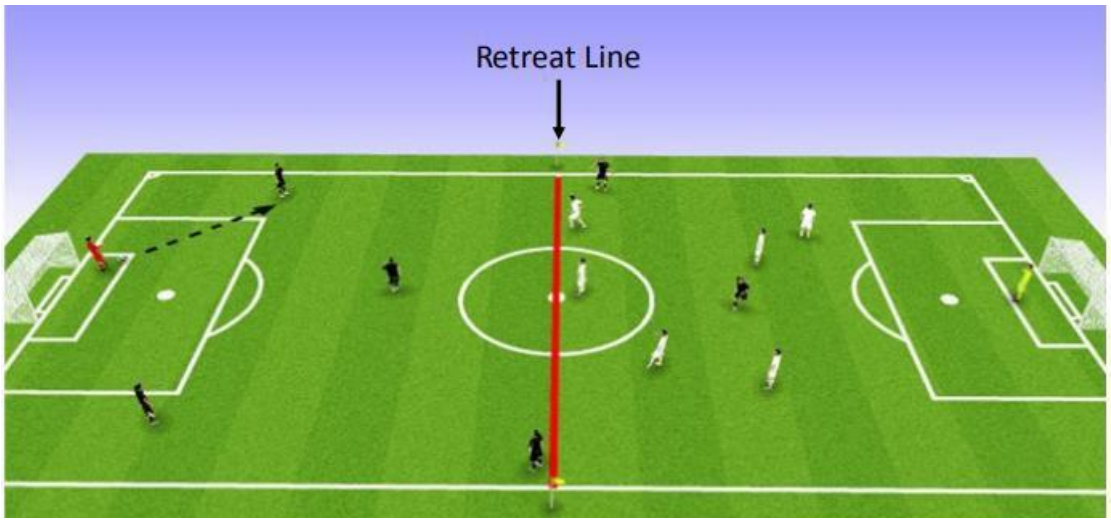
Law XVI – Retreat – Halfway Line:

The retreat line will come into effect in two situations during the game.

- Goal Kick
- Free Kick to the defending team within its own goal area

At these two restarts, the opposing team is required to move beyond the retreat line. The player taking the kick can then pass the ball to one of his/her team-mates without the pressure of an opposing player nearby. When the ball has left the goal area, the play will resume as normal and the "opposing" team can move inside the retreat line.

- ❖ THE RETREAT LINE WILL BE THE HALFWAY LINE



BOTH TEAMS SHOULD SHAKE HANDS AFTER THE GAME.

Law XVI- Goal Kick:

When a player on the attacking side of the ball is the last person to touch the ball over the opposing team's goal line and not between the goal posts, a goal kick is awarded.

A. Goal kicks will occur when the attacking team puts the ball across their opponents' goal line.
B. This will result in the goalkeeper kicking the ball from anywhere in the goal area.
C. All opposing players must be 6 meters back from the top of the goal area.
D. The ball must move outside the goal area and be touched by a teammate of the goalie before the opposing team can challenge the ball.

Law XVII- Corner Kicks

When a player on the defensive side of the ball is the last person to touch the ball over their own goal line and not between the goal posts, a corner kick is awarded to the attacking team.

A. A corner kick will be awarded when the opposing team.
B. The corner kick is taken at the corner closest to where the ball exited the playing area.
C. All corner kicks are indirect; a goal may not be scored directly from a corner kick without the ball touching any other player.

Recommendations:

- Both teams shake hands after the game.
- Do not leave any child unattended after the game; ensure all players have a ride home.
- It is a good idea to create a snack schedule so that all parents may contribute. Allergies should be determined, if any, and communicated to all parents.
- Having fun is more important that goal scoring. Use this opportunity to teach players good sportsmanship, safe play and respect for each other, their opponents, and the coaches.
- Respect the other coaches; all of you are involved because you care and want your respective teams to experience maximum enjoyment from the game.
- Write out your practice plan and use shorter skills building activities versus longer, repetitive exercises; keep your drills short, 4 to 6 minutes is optimal to keep interest up.
- Don't worry if an activity doesn't immediately produce desired results, use positive encouragement and the results will come.