2025 5U & 7U Soccer

1. 5U will play **4v4** and 7U will be **5v5**
2. All 5U games will start the second half of the game with individual shooting from outside the goal box. Each team will line up on their halves of the field and take one shot on an undefended goal. Players can stand between 3-5 feet in front of the goal. Once all players have taken their shot, the 3rd quarter will begin.
3. 5U will play four 8 minute quarters. 7U will play four 10 min quarters. Both groups are awarded 3 minute halves depending on Referee's discretion and team readiness.
4. Shin guards & closed toe shoes (rubber soled, no metal) are to be worn at all times.
5. No jewelry or wrist attire.
6. **No Goalkeepers.** Teams are not allowed to stand or defend inside of the goal box. If a player touches/blocks a ball in the goal box then the attacking team is awarded an indirect kick outside of the goal box. Players may try to attack the ball before it crosses into the goal box. The only way that a defender can enter the goal box is to stop an attacker who has already dribbled into or is right about to enter into the goal box. Attackers/Offense can enter the box to score. However, you want them to attempt to score just outside of the box. Must be passed the build-out line before scoring.
7. **Last Defenders.** Last defenders are only allowed to stand on or behind the build-out line. They are not allowed to stand on or inside the goal box line.
8. Begin each quarter with a **kick-off** in the center circle. Players may stand wherever they want on their halves of the field. They are not required to stand on the build-out line.
9. **Corner Kicks.** Players can stand anywhere outside of the goal box line during corner kicks. *Corner kicks are not thrown in.*
10. **Goal kicks.** All players, other than the kicker and 1 additional defensive player, must remain behind the build-out line and will follow build-out line procedures during all goal kicks. The kicker can choose to pass the ball to a teammate behind the build-out line or to the additional player. All other players cannot cross or attack the ball until the defending team has possession of the ball. Cannot be kicked passed the halfway line. The ball is not live simply because it crosses the line, it must be touched twice by the defending team.
11. **The Build Out Line** will be used to move players behind the dashed line when goal kick is in effect. The opposing team cannot cross the line until the pass-in touches a player of the same team. If the opposing team touches the ball, then the attacking team will restart the kick.
12. No changing sides during game.
13. **Throw-ins**. If an illegal throw-in is performed, the referee/coach will instruct the player on the error and give the player another chance to throw the ball in. If a second illegal throw-in is performed, possession of the ball will be given to the opposing team.

14. Opponents must be at least 2 feet from the point on the touchline where a throw-in is to be taken.

15. **Handballs**. If a player intentionally uses hands to gain advantage, a foul is called. If not intentional (i.e. covering face to prevent getting hit), continue with play.

16. **No PK's or direct kicks.** Use indirect kicks only, regardless of the foul and location. Kick cannot be placed inside goal box.

17. **No offside penalties.**

18. **Goals can only be scored from the offensive half of the field** and passed the opposing team's build-out line. A goal scored from your own (defensive) half will result in a free kick for the team that shot the ball from where the ball was kicked. An explanation should be given to the player who shot the ball as to why the goal did not count.

19. Goals cannot be scored from any restart in play unless touched by another teammate. All kicks are indirect.

20. **Own goals do not count**. Opposing team (opposite of team that scored the own goal) is awarded an indirect kick outside of the build-out line.

21. **No headers.** Any purposeful or accidental headers will be considered a foul and will award the opposing team with an indirect kick. All headers will result in an indirect kick outside of the build-out line or where the header occurred. Offensive and defensive players may stand on but not inside the goal box lines.

22. **No slide tackling.**

23. **No aerial or immediate clears out of the back** (no booting the ball). Players must learn to control and dribble the ball, pass to an open teammate, or kick a low ball (below waist) to sideline. On the first warning, the referee will call for immediate pause and explain to player to slow down and dribble. On the whistle, the player will pass the ball to a teammate to return to play. After warning, the opposing team will be awarded an indirect kick where the penalty occurred.

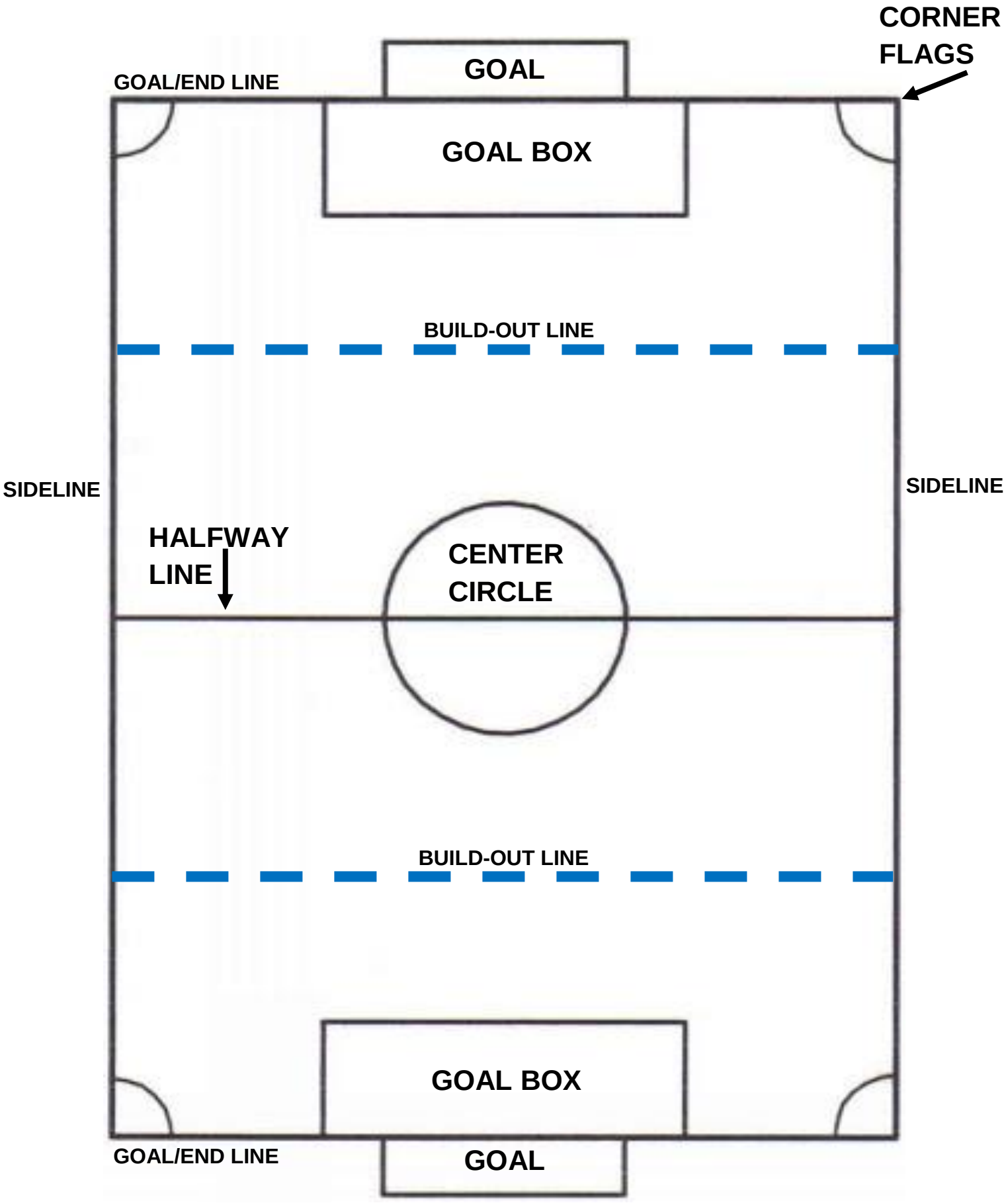
24. Substitute (UNLIMITED) at referee's discretion.

25. ALL players must have the equivalent of 2 full quarters of playing time, perform throw-ins (pass-ins), kick-offs, corner kicks, goal kicks, and indirect kicks.

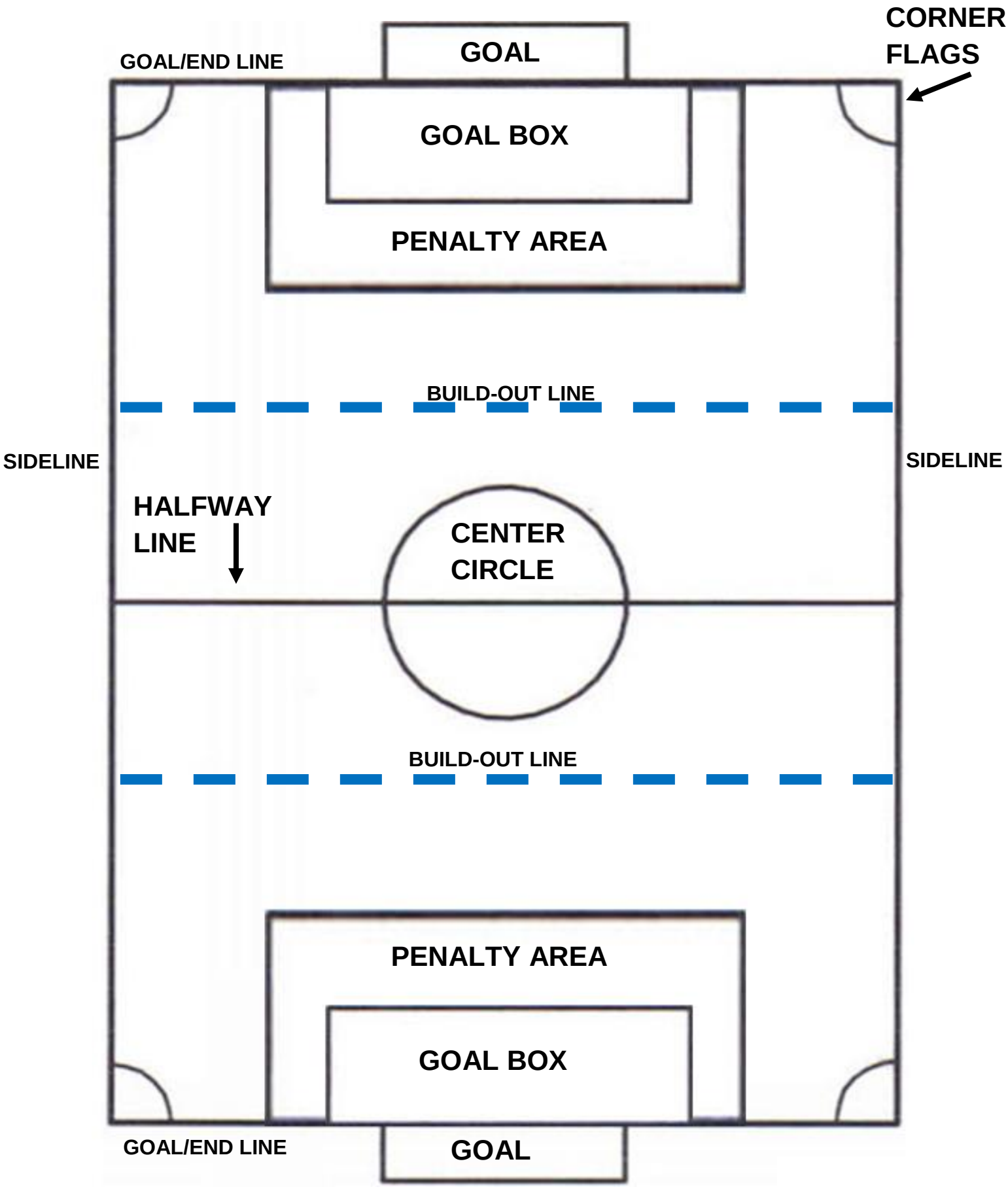
26. ALL players must have equal chances to score goals. If a team has a player who is scoring the majority of the goals, they must should be substituted out or be instructed to pass before they can shoot again.

27. While the mercy rule is not enforced, it is highly encouraged to substitute players on/off field or to different positions in order to encourage play and skill development.

5U Soccer Field



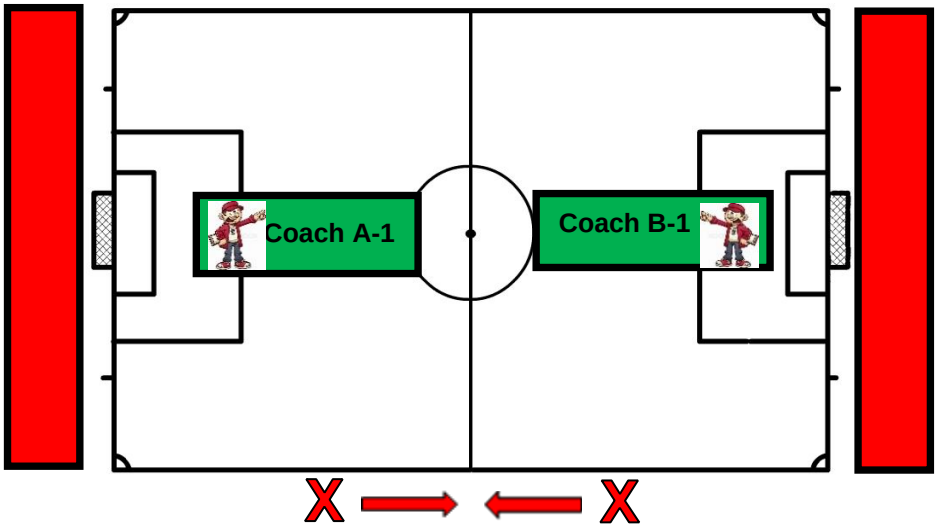
7U Soccer Field



5U & 7U Assigned Areas on Field

Note: Neither coach can cross the halfway line, go behind the goal, stand at the corner, or stand on parents' side. No parents are to be behind goals or behind bench. Parents at the bench must be approved by the coordinator.

5U Field



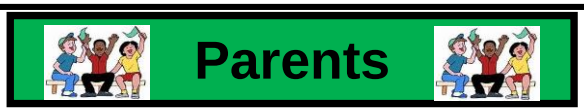
Green= Designated areas

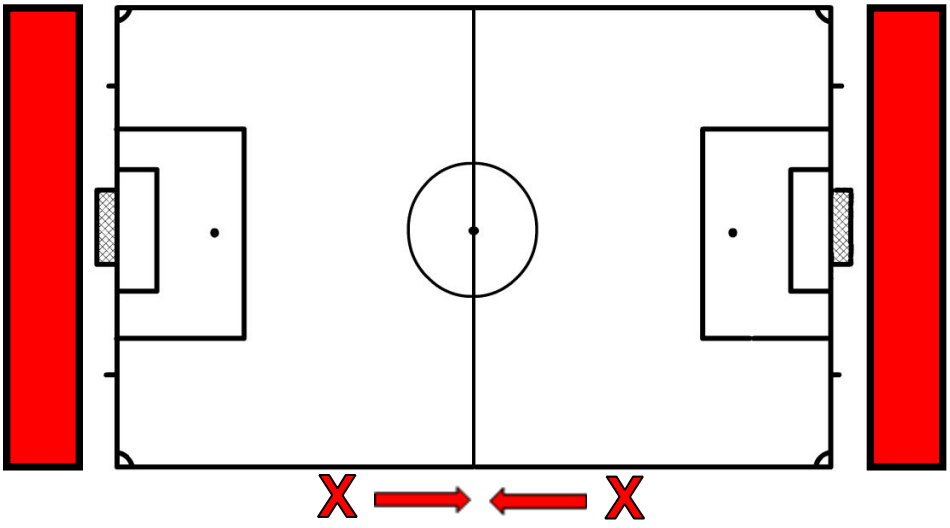
Red= No parent or coach access areas

Coach A-1 & B-1 can move freely inside of the field only.

Coach A-2 & B-2 must remain on the bench/designated coaching area.

7U Field





Coach A & B must remain on the bench/designated coaching area.

	5U COED	7U COED	9U Boys	9U Girls	11U Boys	11U Girls	14U Boys	14U Girls
# of Players	4 vs 4	5 vs 5	7 vs 7	7 vs 7	9 vs 9	9 vs 9	9 vs 9	7 vs 7
Field Size (yards)	20 X 30	25 X 35	40 X 60	40 X 60	50 X 80	50 X 80	50 X 80	40 X 60
Goal Size	4 X 6	4 X 6 or 5 x 10	6 X 18 or 7 x 21	6 X 18 or 7 x 21	6 X 18 or 7 x 21	6 X 18 or 7 x 21	Regulation 8 x 24	Regulation or 7 x 21
Ball Size	3	3	4	4	4	4	5	5
Offsides	NO	NO	YES	YES	YES	YES	YES	YES
Headers	NO	NO	NO	NO	NO	NO	YES	YES
Punting or Drop Kicks	NO	NO	NO	NO	YES	YES	YES	YES
Game Time	4 X 8 minutes (3 min half)	4 X 10 minutes (3 min half)	2 X 25 minutes (5 min half)	2 X 25 minutes (5 min half)	2 X 30 minutes (5 min half)	2 X 30 minutes (5 min half)	2 X 30 minutes (5 min half)	2 X 30 minutes (5 min half)
Goal Keeper	NO	NO	YES	YES	YES	YES	YES	YES
Slide Tackling	NO	NO	NO	NO	YES	YES	YES	YES
Referees	1	2 preferred 1 accepted	2 preferred 1 accepted	2 preferred 1 accepted	2	2	2	2
Build-Out Line	YES	YES	YES	YES	NO	NO	NO	NO
Penalty/Direct Kicks	NO	NO	YES	YES	YES	YES	YES	YES
Indirect Kicks	YES	YES	YES	YES	YES	YES	YES	YES
Handball Violation	Intentional only	Intentional only	Intentional only	Intentional only	YES	YES	YES	YES
Changing Sides at Half	NO	NO	YES	YES	YES	YES	YES	YES
Coaches on Field	YES 1 only per team	NO	NO	NO	NO	NO	NO	NO