



(updated 8/14/2025)

**WINFIELD RECREATION COMMISSION
YOUTH RECREATIONAL SOCCER
3RD-5TH GRADE COED (7V7) LEAGUE**

Rule 1. – THE FIELD

- A. DIMENSIONS. The field shall be rectangular, its length being not more than 65 yards nor less than 55 yards and its width not more than 45 yards nor less than 35 yards. The length in all cases shall exceed the width.

Rule 2. – THE BALL: Size five (5)

Rule 3. – NUMBER OF PLAYERS

- A. Maximum number of players on the field at any one time: seven (7) – six (6) players on the field and one (1) goalkeeper.
- B. Maximum number of players on the roster shall not exceed twelve (12).
- C. Substitutions – an unlimited number of players may be substituted:
 - 1. on any throw-in
 - 2. on any goal kick
 - 3. on any corner kick
 - 4. after score
 - 5. at half-time
 - 6. for any injury
- D. **Each player shall have equal playing time. All positions shall be rotated.**

Rule 4. – PLAYERS EQUIPMENT

- A. Shirt: will be provided by the Winfield Recreation Commission.
- B. Shorts or pants
- C. Shin guards: MANDATORY
- D. Shoes: Shall be safe – tennis shoes or soccer cleats. No steel-toed cleats will be allowed.
- E. No jewelry, watches, rings, belts, earrings or anything dangerous to players shall be permitted.

Rule 5. – THE REFEREE

- A. All rule infractions shall be briefly explained to the offending player.
- B. The game is for the players and the primary function of the Official is to ensure:
 - 1. **SAFETY** of the players-stop play for any dangerous situation and for any injury.
 - 2. **EQUALITY** of play. Don't allow any player to gain an advantage from any of the infractions listed in Law XII.
 - 3. **ENJOYMENT** of all players and spectators. Focus on the Positive aspects of individual skills and team play and above all, **ENCOURAGE GOOD SPORTSMANSHIP!**

Rule 6. – DURATION OF THE GAME

- A. The game shall be divided into two (2) Twenty (20) minute halves.
- B. There shall be a five (5) minute half-time interval

Rule 7. – THE START OF PLAY

- A. Kickoff from the center circle will take place at the start of each half. The Home team on the schedule shall kickoff for the first half and the Visiting Team will Kick-off for the second half.
- B. Teams will switch sides at half and the team who received the kickoff in the first half will kick off to start the second half.
- C. Kick off after each goal by the team giving up the goal.
- D. All players must be on their half of the field when the ball is kicked, and the defending players must be outside the center circle.
- E. The ball is in play when it is kicked and clearly moves. The ball can be moved in any direction.
- F. The player taking the kickoff may not touch the ball again until it has been touched by another player – violation results in a re-kick for the original kicking team.
- G. A goal **CAN** be scored directly from a kickoff.

Rule 8. – BALL IN AND OUT OF PLAY

- A. The ball is **out** of play when:
 - 1. it has completely crossed the goal-line or touchline, whether on the ground or in the air.
 - 2. the Official has stopped play.
- B. The ball is **in** play at all other times from the start of the match to the finish including:
 - 1. If it rebounds from a goalpost, crossbar, or corner-flag into the field of play.
 - 2. If it rebounds off the Official when they are in the field of play.

Rule 9. – METHOD OF SCORING

The whole of the ball must completely cross the goal-line below the crossbar and between the goalposts, provided it has not been thrown, carried or intentionally propelled by hand or arm by a player of the attacking side. This does not apply to a goalkeeper who is within his/her own penalty area. A team may not score directly on itself from a direct free kick or goal kick.

Rule 10. – OFF-SIDE

- a. A player is in an off-side position if he/she is nearer to his/her opponents' goal line than the ball, unless:
 - i. he/she is in his/her own half of the field of play or between the half line and opposing teams build out line (*see build out line rules*)
 - ii. he/she is not nearer to his opponents' goal-line than at least two of his/her opponents.
- b. It is not an offense in itself to be in an off-side position. A player shall only be penalized for getting in an off-side position if, at the moment the ball touches, or is played by one of his/her team, he/she is, in the opinion of the referee, involved in active play by:
 - i. interfering with play, or
 - ii. interfering with an opponent, or
 - iii. gaining an advantage by being in that position.
- c. A player **shall not** be declared off-side by the referee;
 - i. merely because of his/her being in an off-side position,
 - ii. if he/she receives the ball direct from a goal-kick, a corner-kick or a throw-in, or
 - iii. between the half line and opposing teams build out line (*see build out line rules*)
- d. If a player is declared off-side, the referee shall award an indirect free kick to the opposing team from the place where the infringement occurred.

Rule 11. -FOULS AND MISCONDUCT

A foul may only occur on the field, during play and against an opponent. A player who commits any of the following six offenses in a manner considered by the Official to be careless, reckless, or involving disproportionate force:

1. kicks or attempts to kick an opponent; or
2. trips an opponent; or
3. jumps at an opponent; or
4. charges an opponent; or
5. strikes or attempts to strike an opponent; or
6. pushes an opponent; or

who commits any of the following offenses:

1. when tackling an opponent, makes contact with the opponent before contact is made with the ball; or
2. holds an opponent; or
3. spits at an opponent; or
4. handles the ball deliberately, i.e., carries, strikes, or propels the ball with his/her hand or arm.

Shall be penalized by the award of **direct free-kick** to the opposing team from the place where the offense is committed. If the offense is committed by the attacking team within the goal area, the free kick shall be taken on the goal area line nearest to the point at which the offense is committed. If the offense is committed by the defending team within the penalty area, a penalty kick will be awarded to the attacking team.

A player committing any of the following offenses:

- a. Charging fairly, i.e. with the shoulder, when the ball is not within playing distance of the players concerned.
- b. When NOT playing the ball and impeding the progress of an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent.
- c. Charging the goalkeeper except when he/she:
 - i. is holding the ball
 - ii. is obstructing an opponent
 - iii. has passed outside his/her goal-area
- d. When playing as a goalkeeper and within his/her own penalty-area:
 - i. Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession.
 - ii. Touches the ball again with his/her hands after it has been released from his/her possession and has not touched any other player.
 - iii. Touches the ball with his/her hands after it has been deliberately kicked or thrown to him/her a teammate.
 - iv. Indulges in tactics, which in the opinion of the referee, are designed to waste time.

Shall be penalized by the award of an **indirect free-kick** to the opposing team from the place where the offense is committed. If the offense is committed within the goal areas, the free kick shall be taken on the goal area line nearest to the point at which the offense is committed.

Misconduct may occur at anytime, anyplace against anyone. A player shall be cautioned and may be asked by the referee to sit out of play for a time:

1. is guilty of unsporting behavior
2. shows dissent by word or action
3. uses offensive, insulting, or abusive language
4. persistently infringes the Laws of the Game
5. delays the restart of play
6. fails to respect the required distance when play is restarted with a corner kick or free kick
7. enters or re-enters the field of play without the referee's permission
8. deliberately leaves the field of play without the referee's permission
9. spits at an opponent or any other person
10. is guilty of violent conduct
11. denies an opponent a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper in his own penalty area)

For offenses, the opponents will be awarded an indirect free kick from the place where the offense occurred.

Rule 12. -FREE KICKS

- A. Free kicks shall be classified as INDIRECT or DIRECT.
- B. A goal may not be scored directly from an indirect free kick; it must be touched by another player. A goal may be scored directly from a direct free kick.
- C. Any free kick awarded to the defending team, within its own goal area may be taken from any point within the goal area.
- D. Any indirect free kick awarded to the attacking team within its opponent's goal area shall be taken on the goal area line which runs parallel to the goal line nearest to where the offense was committed.
- E. The ball must be stationary when the free kick is taken.
- F. If a player of the opposing side encroaches into the penalty area, or within five (5) yards of the ball, as the case may be, before a free kick is taken the referee shall delay the taking of the kick, until the Law is complied with.
- G. The kicker shall not play the ball a second time until it has been touched by another player-the violation results in a re-kick for the original kicking team.
- H. All opposing players must be at least five (5) yards from the ball.
- I. The ball is in play when it is kicked, and moves-only minimal movement is required.

Rule 13. -PENALTY KICKS

- A. A penalty kick shall be taken from the penalty mark.
- B. All players with the exception of the player taking the kick, and the opposing goalkeeper, shall be within the field of play but outside the penalty area at least 8 yards from the penalty mark and must stand behind the penalty mark.
- C. The opposing goal keeper must stand on his/her own goal line between the goal posts until the ball is kicked. The goal keeper may move laterally along the goal line, but may not move forward.
- D. The ball shall be in play when it is kicked and moved forward – only minimal movement is required, but it must be forward.
- E. A goal may be scored directly from a penalty kick.
- F. The player who takes the penalty kick may not touch the ball again until it has been touched by another player – the violation results in an indirect free kick for the opponents.

For any infringement of this law:

- 1.) By the defending team, the kick shall be retaken if a goal was not scored.
- 2.) By the attacking team other than by the player taking the kick, if a goal is scored it shall be disallowed and the kick retaken.

By the player taking the penalty kick, committed after the ball is in play. A player of the opposing team shall take an indirect free kick from the spot where the infringement occurred.

Rule 14. - THROW-IN

- A. Shall be taken when the ball has completely crossed the touch-line-either on the ground or in the air.
- B. Taken by a player of the team opposing the team that last touched the ball before it went out of play.
- C. The thrower shall not play the ball again until it has been touched by another player, any other player-the violation results in an indirect free kick for the opponents.
- D. A goal cannot be scored directly from a throw-in.
- E. A proper throw-in requires that:
 1. the thrower face the field, and
 2. throw the ball with BOTH hands, from
 3. directly over and behind his/her head, with
 4. both feet on the ground, and
 5. on or behind the touch-line.

A second throw-in must be allowed if the player commits a foul on the initial attempt. The Official shall explain the proper method before allowing the player to re-throw. If, after the second attempt, the player commits a foul a throw-in will be awarded to the other team.

Rule 15. -GOAL KICK

- A. Shall be taken when:
 1. the ball has completely crossed the goal-line – either on the ground or in the air; and
 2. not below the crossbar and between the goalposts; and
 3. was last touched by a player of the attacking team.
- B. The goal kick is taken by a player on the defending team from anywhere within the goal area.
- C. Defending players may be anywhere on the field.
- D. Attacking players must be outside the penalty area and behind the build out line.
- E. The ball must be kicked beyond the penalty area before it can be touched or played by any other player. If the ball does not clear the penalty area or if it is touched by any other play before it clears the penalty area, the goal kick shall be retaken.
- F. **If the team is unable to get the ball into play after a reasonable effort, the game shall be restarted with a drop ball near the touch line, closest to the top of penalty area line.**
- G. The player who kicks the ball may not touch or play the ball again until it has been touched by another player outside of the penalty area-violation results in an indirect free kick for the opponents.
- H. A goal may be scored directly from a goal kick. Such a goal may be scored only against the opposing team.

Rule 16. -CORNER KICK

- A. Shall be taken when:
 - 1. the ball has completely crossed the goal-line-either on the ground or in the air; and
 - 2. not below the crossbar and between the goal-posts; and
 - 3. was last touched by a player of the defending team
- B. The corner kick is taken by a player on the attacking team from the corner arc nearest the point where the ball went out.
- C. Attacking players may be anywhere on the field
- D. Defending players must be five (5) yards away from the ball.
- E. The kicker cannot touch the ball again until it has been touched or played by another player -violation results in an indirect free kick for the opponents.
- F. A goal may be scored directly from a corner kick.

BUILD OUT LINE

- A. The build out line is to be a line dotted across the field equidistant between the top of the penalty area line and the halfway line.
- B. The build out line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball, either during play from an opponent (made a save), or at the taking of a goal kick, the opposing team must move behind the build out line until the ball is put into play. The ball is considered “in play” when the ball is released from the goalkeeper’s possession and crosses the penalty area. After the ball is released from the goalkeeper’s possession and cross the penalty area line, the opposing team may cross the build-out line and play resumes as normal.
- C. Goal Kick – the opposing team must also move behind the build out line prior to a goal kick and may only cross the build out line once the ball has left the penalty area line.
- D. Goalkeepers in possession of the ball may pass with feet, throw, or roll the ball into play when the opponents have retreated behind the build out line (**Punts and Drop Kicks Are Not Allowed**).
- E. Teammates of the Goalkeeper may receive the ball from the Goalkeeper between the penalty line and build out line.
- F. Goalkeepers may NOT punt the ball. Drop kicking the ball is the same as punting. If the Goalkeeper punts or drop-kicks the ball the referee will stop play with the whistle and award an indirect free kick to the opposing team at the location where the punt occurred. If the Goalkeeper punts from within the goal area, the indirect free kick is taken on the goal area line parallel to the goal line nearest where the infringement occurred.
- G. The build out line will also be used to denote where offside offenses can be called. Players **cannot** be penalized for an offside offense between the halfway line and the build out line on the opponent’s half of the field.

Rule 17. – HEADING

- A. Deliberate heading of the ball will **not** be allowed in this age group
- B. If 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 heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.