



7U Youth Soccer Manual

Wellington Recreation modifications to the IFAB Laws of the Game.

IFAB Laws of the Game link: <https://www.theifab.com/>

Purpose

Friendly competition and clean sportsmanship will be emphasized. The main goal is for ALL participants to have FUN while building athletics, team, and social skills.

Law I: The Field:

- Dimensions: The field of play shall be rectangular, its length not more than 50 yards nor less than 30 yards, its width no more than 30 yards nor less than 20 yards. The length in all cases shall exceed the width.
- Markings: Distinctive lines not more than (5) inches wide. A halfway line shall be marked out across the field. A center circle with a three (3) yard radius. Goal area: none.
- Goals: 4 x 6 feet.
- Spectators must be on the opposite side from coaches and players.

Law II: The ball: Size three (3). Game ball should be provided by the home team, but each team will need to have game balls at every game.

Law III: Number of Players

- The maximum number of players on the field at any one time is six (6).
- Maximum number of players on the roster should not exceed twelve (12).
- There are NO Goalkeepers.
- Substitutions: Allowed anytime ball is out of play with the permission of the referee or game official.
- Playing time: Each player who has regularly attended all practices shall play a minimum of 50% of the total playing time.
- Teams and games may be coed.
- If a team has less than 5 players, they may use players from the opposing team if any are available.

Law IV: Players Equipment - follows IFAB save the following exceptions.

- Footwear: Tennis shoes or soft-cleated soccer shoes.
- Shin-guards are mandatory.
- Each player should bring a water bottle with water to each game.



- Each player is required to wear a Wellington Parks and Recreation blue and white reversible jersey (overtop of any other clothing) to participate in games. White will be the home team and blue will be the away team.
- NO jewelry is allowed.

Law V: The Referee: Wellington Recreation will provide The Referee. The Referee may be a volunteer.

Law VI: Assistant Referees will be provided by each team. Each team should provide one Assistant Referee.

Law VII: Duration of the game

- The game shall be divided into four (4) equal, ten (10) minute quarters.
- There shall be a two (2) minute break between quarters one and two and another two (2) minute break between quarters three and four.
- Half time will be a five (5) minute break between quarter two (2) and quarter three (3).

Law VIII: Same as IFAB Laws of the Game.

Law IX: Ball in and out of Play: Whole of the ball must cross the whole of the line.

Law X: Determining the Outcome of the Match: Ball must completely cross the whole of the line.

Law XI: Offside: There is no offside.

Law XII: Fouls and Misconduct - Follows IFAB Laws of the Game with the following exceptions:

- No cautions or red cards ejections shall be issued to players.
- Slide tackling is illegal and shall result in an indirect free kick at the point of the misconduct.

Law XIII: Free Kicks – Follow IFAB Law of the Game with the following exceptions:

- All free kicks are indirect free kicks.
- Opponents must be five (5) yards away.

Law XIV: Penalty Kick. Same as IFAB Laws of the Game.

Law XV: Throw In – Follows IFAB Laws of the Game with the following exceptions:

- If a player does not do a proper throw in, do not award the opposing team a throw in.
- Allow players multiple attempts to properly execute a throw-in. Help teach them if necessary.



Law XVI: Goal Kick – All players on the opposing team of the ball should stand behind the halfway line until the ball is played and touched by the next player.

Law XVII: Corner Kick – If the team defending the goal last touches the ball before it crosses the goal line, the attacking team puts it into play.

Miscellaneous:

- All players have a right to play every game and an equal amount of time if they have attended regular practices.
- Playing Conditions: Field Supervisor will determine if games will or will not be played. Game will be called when there is a safety concern.
- Opposing parents/coaches and players should shake hands after each game.
- The Recreation Staff will make every effort to reschedule missed games. Make up games may not be played at the same time or days as regularly scheduled games.
- Participation awards, when given, shall be given to ALL players.
- Parents, coaches, non-playing players, and spectators should be there to enjoy and encourage the activity of the youngsters.
- All coaches and officials are volunteers and as such are not employees of the Town of Wellington.
- No alcoholic beverages or tobacco products will be allowed or used in the parks during games or practices.
- Foul language will not be tolerated by fans, participants, or coaches. All adults need to remember they are role models and need to be positive in their words and actions.
- A parent or fan that is loud, obnoxious, or disrupts the event will be asked to leave the premises and will be expected to comply immediately.
- Elastic Clause: The League Director shall have complete charge of the Youth Sports League. Any and all situations not specifically covered by these rules shall be acted upon by the League Director and all actions by the League Director are final.
- The League Director reserves the right to change or amend any of the rules or regulations contained in this manual. Any questions concerning Youth Sports should be directed to: