

Lebanon Youth Soccer Association - Basic Soccer Rules by Age

U7 – 6 and 7 year olds

1. Field Size
 - a. Max Dimensions - 30 yards by 20 yards
 - b. Center Circle – 4 yard radius
 - c. Goal Area – 4 yards by 8 yards (6 yards from each corner)
 - d. Goals – 4 foot by 6 foot
 - e. Goals Centered – Posts 2 yards inside Goal Area on each side
2. Equipment
 - a. Ball Size - #3
 - b. Shin Guards – Must be worn UNDER socks (not on top with socks wrapped over)
 - c. Footwear – Soccer boots recommended, please no toe studs (baseball/football)
3. Start of Game
 - a. Home Team (first team on schedule) will start with the ball
 - i. Second half, away team starts
 - b. Number of Players
 - i. 4 v 4 – with NO goalkeeper
 - c. During Kick-off
 - i. All players must be on their own side of the field
 - ii. No defensive players can be inside the center circle
 - iii. The player taking the kick must pass to one of their teammates. They cannot just start dribbling the ball.
4. Length of Game
 - a. U7 will either have a ref, or coach-refs to monitor time.
 - b. There will be 4 quarters consisting of 10 minutes each (40 minutes total play time)
 - c. The time should be on a continuous clock, e.g., the clock does not stop when the ball goes out of play, for fouls, etc.
 - d. At the end of the first and third quarters, take a QUICK 2–3-minute water break
 - e. At the end of the first half (second quarter) take a 5-minute halftime break
5. Substitutions
 - a. At this level, make subs quickly during any break in play.
6. Goalkeeping
 - a. There are NO goalkeepers at this level. No player should attempt to play the ball with their hands. For player safety, do not let players just stand in goal and try to block shots, try to get them to come out and challenge for the ball instead.
7. Fouls and Misconduct
 - a. Fouls result in free kicks from the point of the infraction.
 - b. At this level, just reset your teams and restart with a player passing to a teammate. Make sure the defensive team gives the offensive team some space to restart.
 - c. At this level be more lenient on the rules. Player safety is all we need to focus on.
 - d. Handballs, shoving, kicking, tripping, etc. are the big ones at this level. Just remind your players to be careful not to hurt anyone. Egregious fouls will require a talking to, and maybe a substitution to let that player cool down.

8. Offside – there is no offside offense at this level.
9. Restarting Play
 - a. End/Goal Lines
 - i. Defensive team kicks it out
 1. Offensive team – Corner Kick
 - ii. Offensive team kicks it out
 1. Defensive team – Goal Kick
 - b. Side Lines
 - i. Team A kicks the ball out
 1. Team B – Throw/Kick in
 - a. Throw in – two tries, then kick in
 - b. Throw in: both feet on ground, ball over head with both hands
10. Additional Rules
 - a. No heading the ball at this level. Encourage all play to stay on the ground.
 - b. Each player should play at least half of the game. This is a rec league, winning does not matter. Make sure each player is getting enough time to learn and grow in the sport.
 - c. ZERO TOLERANCE Policy on abuse.
 - i. These are children. Coaches and refs are human. At NO point will any abuse be tolerated by anyone or against anyone. Soccer is a community sport.
 - d. Good Sporting Behavior – Try to avoid running up the score (if a player keeps trying to score, give them a new task such as pass to two teammates before scoring or stay in the defensive half only, only sub them off if necessary), positive communication only (celebrate both teams when they do well), and remember we are all here to LEARN and get better.