



Milan Youth Soccer Club

U7 Developmental Program Rules of Play

Rules of Play

Rules of play for all developmental program teams shall be the “Laws of the Game,” as published by FIFA and the modifications as published in this document.

Field of Play

Coaches are responsible for inspecting the field prior to all practices and games to ensure the field of play is reasonably flat and free from any structures that may endanger the players.

Teams

3v3 with no goalie

All players must be moving and engaged in the field of play. No player shall be placed in front of the goal in a static goalie-like position to defend the goal.

Length of Game and Size of Ball

Length of Game	Over Time Period	Ball Size	Half Time Periods
4-8 minute quarters	None	3	2 minutes between quarters, 5 minute half time

Preliminaries

-The visiting team takes the kick-off to start the match and to start the third quarter. The home team takes the kick-off at the start of the second and fourth quarter.

-The visiting team is to defend the east goal and the home team the west goal at the start of the game.

-Teams attack the same goal the entire game unless it is agreed upon by the coaches that there is an advantage due to wind, sun, field conditions, etc. If an advantage is agreed upon by both coaches, teams will change ends of the field at half time and attack the opposite goals.

Putting Ball in Play

-Kick-offs, goal kicks and corner kicks are all indirect kicks (a goal may not be scored until it touches another player)

-Throw-ins shall be used.

-On a goal kick, the defending team shall remain behind the centerline, on the opposite end of the field, until the ball is passed into play.

Off-Sides

-None

Heading the Ball

-Under **NO** circumstances is heading the ball allowed in **games OR practices**. If a player purposefully heads a ball in a game, the opposing team will be awarded an indirect free kick from the spot of the infraction.

Penalties

-All penalties are indirect kicks.

Substitutions

- The referee must be informed before any proposed substitution is made.
- Substitutes may not enter the field of play until the coach has received a signal from the referee.
- All Substitutes must enter and exit the field of play at the half line.
- Substitutions may be made by either team at the following times:
 - A. Any stoppage in play.
- All players must receive equal playing time and play at least 50% of each game.

Player Equipment

- A player must not use equipment or wear anything that is dangerous to himself or another player including any kind of jewelry (taping of earrings is not permitted).
- Player equipment shall consist of a jersey, shorts, stockings, footwear and shin guards.
- Shin guards are mandatory for **ALL** practices and games. If a player does not have shin guards they will not be allowed to participate in practices or games.
- Shin guards are to be covered entirely by the stocking, made of a suitable material, and shall be properly sized to provide a reasonable degree of protection.
- Soccer shoes are required (cleats with a "toe cleat" are not allowed).

Uniforms

- Home team wears white and away team wears red.

Home Team Responsibilities

- The home team is responsible for providing a game ball.

Coaching from the Sidelines/Field

- Coaching from the sidelines/field, giving directions to one's own team on points of strategy and position, is permitted provided:
 - A. Only one coach is on the field at a time.
 - B. No mechanical devices are used.
 - C. Tone of voice is informative and not a harangue.

Team Benches

- Coaches and players are located in between the fields and parents/spectators on the outside of the fields.
- It is the responsibility of each team's official (coach, assistant coach or team manager to) to educate and see that their fans or spectators behave in a proper and respectful manner.

Cancelation/Rescheduling of Games

- If thunder or lightning occurs, the game and/or practice **must be immediately stopped** and will be postponed and/or canceled. All players should seek shelter immediately and If thunder or lightning is not observed for 30 continuous minutes, play may resume.
- A game will be considered complete after half of the scheduled match has been completed.
- Coordination of all rescheduled game dates and times are the responsibility of the coaches.
- All rescheduled game dates and times must be provided to the MYSC Developmental Program Vice President no less than seven calendar days prior to the rescheduled date.

Duties of the Referee

- Enforce the rules of play
- Check in each team at their penalty box, prior to the start of the game to ensure the players are wearing appropriate equipment and uniforms.
- Postpone/Cancel the game as a result of thunder or lighting.
- Stop game play and instruct players on incorrect kick-offs, throw-ins, goal kicks, etc.
- Put out corner flags prior to start of each game and collect corner flags at the conclusion of scheduled games and return to the MYSC official.