

# WSA Under 7 Guidelines

## THE FIELD:

- **Size:** 140 feet long by ninety feet wide (**140' x 90'**)
- **Center:** The center circle has a radius of eighteen (**18**) feet and is in the center of the field.
- **Goals:** Ten feet wide by five feet high (**10' x 5'**)
- **Goal Box:** Twenty feet wide by twenty five feet long (**20' x 25'**)
  - **NOTE:** The Goal Box is directly in front of the goal. An attacking player is always allowed to play the ball within the goal box. A defender is allowed to play the ball within the goal box provided it's during the normal flow of play and the defender wasn't playing as a goalie. If immediately prior to the infraction (touching the ball in the goal box) the defender was purposely playing as a goalie by standing or guarding the goal in a position directly in front of the goal box and without being involved in the play, it is considered playing goalie and a goal is awarded to the attacking team.

## THE BALL:

- Size **3**. Teams are responsible for providing game balls.

## NUMBER OF PLAYERS:

- Recommend **FIVE (5)** players on the field at any time.
- Can also play **SIX (5) or FOUR (4)** players on the field if each player will get a minimum of 50% of the total playing time.
- **There are no goalkeepers.**

## SUBSTITUTIONS:

- May be made at any dead-ball situation, regardless of possession (e.g. between periods, and during stop in play). Teams must get the referee's permission and players must enter and exit at mid-field. There are no substitutions on the fly.

## PLAYING TIME:

- **Minimum** of 50% of the total playing time for each player and 75% when possible. No one should play four periods until everyone has played three.

## PLAYERS' EQUIPMENT:

- Soccer cleats and shin guards are **MANDATORY** for both practices and games.  
**NOTE:** Players without the proper equipment will not be allowed to play.

## REFEREE:

- Will be either a league-assigned referee or coach.
- Should emphasize fun, fairness, safety and learning.  
**NOTE:** Referees should briefly explain any infringements to the player(s) and help players with instructions. All referees must be registered WSA volunteers.

**Referee decisions are final and must not be questioned by coaches or parents/spectators.**

## DURATION OF GAME:

- Four (**4**) periods of ten (**10**) minutes.
- Period breaks of two (**2**) minutes, with a Halftime break (after the second period) of five (**5**) minutes.
- There are no timeouts.

## METHOD OF SCORING:

- A goal may only be scored from a touch (either by offense or defense) within a team's offensive half of the field.

## OFFSIDE:

- There are no offsides.

## SLIDE TACKLING:

- Slide tackling is not allowed and will result in a foul.

## BALL IN AND OUT OF PLAY:

- No change from regular play.

## SEVEN YARD RULE:

- In all dead ball situations, except the kick-offs, defending players must stand at least **seven** yards away from the ball.
- If the defensive player's goal area is closer than **seven** yards, the ball shall be placed **seven** yards from the goal area in line with the place of the infraction.

## KICK-OFF:

- Is an indirect kick and may be taken in any direction.
- Opponents must be **outside the center circle** for the kick-off.

## INDIRECT KICK:

- All dead ball kicks (kick-ins, free kicks) are indirect kicks, **except for corner and penalty kicks.**

## PENALTY KICK:

- Shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by the infraction. It is a direct kick taken from the **45'** spot with all players behind the mid-field line except the player taking the kick. This is a "dead-ball" kick. If a goal is not scored, the defense obtains possession with a goal kick.

## THROW-IN:

- There are no throw-ins. The ball shall be kicked into play from the sideline instead of a throw-in.
- **A goal cannot be scored directly from a kick-in.**

## GOAL KICK:

- May be taken from any point inside the goal box.
- Opponents must be **seven (7)** yards from the ball.

## CORNER KICK:

- No change from regular play (**direct kick**).
- Opponents must be **seven (7)** yards from the ball.

## WSA RECOMMENDATIONS:

- 1) Coaches and players from both teams exchange handshakes after each game.
- 2) Coaches and spectators are not allowed to run the length of the field.
- 3) Coaches and spectators should encourage players, but parents/spectators must not coach or instruct players during game time.
- 4) **Spectators are not allowed behind either goal or within two (2) yards outside the touchline.**