

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 **FOUR (4)** players on the field at any time.
- Can also play **FIVE (5) or SIX (6)** 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.**