

CUMBERNAULD & KILSYTH FOOTBALL DEVELOPMENT ASSOCIATION

7-A-SIDE RULES

Soccer Sevens is a non competitive developmental format designed to encourage player development. No scores are recorded with the emphasis on fair play.

1 **General Rules.**

a. Modified goals and pitch dimensions shall be applied in accordance with local circumstances. Recommended pitch dimensions are 55 m x 36 m.

b. The Scottish Football Association junior goalposts will be used wherever possible (4.9 m x 1.8 m)

c. Teams will comprise of up to 10 players, (7 a side) 6 outfield players and a goalkeeper with rolling substitutions used throughout the match. All team members should receive equal playing time. In the event of an obvious mismatch, the weaker team, as jointly agreed by the respective team leaders may field an extra player.

d. All age groups shall play with a size 4 football

e. There is no offside rule.

f. Age group 9's will use **short** kick-ins.(Max 10-15 meters)
(If a team prefers they can if they wish take a throw-in)

Age groups 10 & 11 will take throw-ins.

g. For all age groups the pass back law does not apply.

h. The awarding of Penalty kicks should try to shall be avoided, if however granted these should be taken 7 metres from the goal line.

i. Play shall be re-centred after a goal has been scored with the opposing team at least 10 metres from the ball.

j. Goalkeepers may kick or throw the ball out as preferred. However, in an effort to prevent long passes prevailing, they should be encouraged to restrict these to a minimum.

Kicks exceeding the halfway line will result in a free kick to the opposition at the point the ball crosses the halfway line.

k. Attacking teams will retreat, thereby allowing goalkeepers to build play from the back. When the defender takes his/her first touch the opposing team may challenge for the ball.

- l. Goalkeepers attempting to gather the ball by hand may **not** be challenged.
- m. Team coaches will substitute players displaying unacceptable behaviour.
- n. Players scoring direct from a corner kick will require to retake the kick.
- o. All free kicks shall be classed as in-direct anyone scoring from a free kick that is taken as direct shot at goal should be made to re-take the kick.
- p. All players must wear shin-guards, boot studs appropriate to the surface should be worn, and metal studs are only suitable for grass pitches. Spectacles may be worn provided they have safety frames and lenses.
- q. At the conclusion of the game coaches should encourage their teams to shake hands.
2. **Team Leader.** Every team must be accompanied by a minimum of one registered official who requires to be a trained first aider. This adult will be deemed to be the team leader and he/she will be responsible for the behaviour of his/her players, on and off the field of play. The team leader will be held responsible for the actions of his/her team within the sports complex and within all other facilities available to the team.
3. **Match Supervisor.** Both clubs to supply a match supervisor/referee with each club officiating one half each. The supervisor/referee should be an official of the club or registered referee.
Fair play must be ensured at all times
4. **Age categories.**
11's Group ' born on or after 1st January 1998
10's Group ' born on or after 1st January 1999
9's Group ' born on or after 1st January 2000
5. **Duration of Play.** The duration of the 7's games shall be as follows:
9's – 20 minutes each way, with a 5 minute interval
10's & 11's – 25 minutes each way, with a 5 minute interval

The team coaches have a joint discretion to alter the game duration in the event of poor weather, pitch conditions or an obvious mismatch