

A man in a red and white soccer jersey is captured in the middle of kicking a soccer ball on a green field. The background shows a fence and some trees. The image is framed by black and white diagonal stripes at the top and bottom.

THE OFFICIAL 7-A-SIDE LEAGUE RULE BOOK

GOALS

PLAYING RULES



KICK OFF STARTS FROM THE SPOT

Each kick off will be from the centre spot (Home team kicks first); the ball is permitted to go backwards or forwards.



IT'S A GAME OF TWO EQUAL HALVES

The match will consist of 2 equal halves and teams will rotate ends each half. The length of the half will be determined by the club. Tournament games are played one way due to shorter game times.



DON'T ENTER THE AREA

Players entering their own area to gain an advantage will result in a penalty kick to the opposition. Players entering the opposition area to gain an advantage will result in the Goalkeepers ball.



BALL OUT OF PLAY

If the ball leaves the arena from an intentional direct shot or pass a direct free kick will be given. If the ball leaves the arena unintentionally then play will restart from the nearest keeper.



FREE KICKS

All free kicks are direct and opposition players must be at least two yards from where the free-kick is taken.



BALL HEIGHT

There are no ball height rules for outfield players. Let the game flow.



DON'T SLIDE TACKLE

Players aren't permitted to slide or play the ball while the player is on the floor. Also, players are not permitted to play the ball down on one knee.



NO FOULS ON GOALSCORING OPPORTUNITIES

Denying a goal scoring opportunity will be penalised with a penalty and the guilty player may face further punishment if deemed as serious foul play or violent conduct.



IT'S A PENALTY

Players may only take one step towards the ball to take a penalty and must be all one movement no stopping or stuttering. If a player fails to do it correctly no retakes will be allowed.



SIN BIN

All yellow cards will be punished with a 3 minute sin bin, 2 yellow cards = a red and the player will be permanently sent off.

GOALKEEPERS RULES



STAY IN YOUR AREA

Only Goalkeepers are permitted in the area. Goalkeepers leaving the area to gain advantage will result in a penalty kick to the opposition.



YOU'RE A GOALIE, NOT A STRIKER

Goalkeepers cannot score. Game will be restarted with keeper's ball.



YOU CANT PASS DIRECTLY BACK TO THE KEEPER

The ball cannot be played directly back to the goalkeeper after goalkeeper distribution. The ball must touch at least 2 different outfield players before being returned to the goalkeeper. Free Kick 2 yards outside the box will be awarded.

SQUAD RULES



YOU MUST BE 16 OR OVER

All players participating in adult leagues must be 16 years and above. (Junior leagues are available).



YOUR 7 A SIDE TEAM SHOULD HAVE 7 PLAYERS

For 7 a side leagues each team may field six outfield players and a goalkeeper on the pitch at any one time with a maximum of 3 substitutes. A game can be started by the referee with a minimum of 6 players, 5 outfield players and a goalkeeper.

If a team is permanently reduced to five players the match will be abandoned and a 5-0 result will be awarded to the opposition. (Unless score is greater at the time of abandonment).



UNLIMITED SUBSTITUTIONS

Subs can only be made with the referees consent. You can only make a sub when the ball is dead. (Free Kick, Penalty, In the area with a keeper or during a substitution already called) Reasonable notice needs to be given to the referee to make the change.

EQUIPMENT RULES



SHIN PADS ARE MANDATORY

All players should wear shin pads to avoid injury - All players play at their own risk.



NO METAL STUDS

Bladed studs or metal tipped boots are not allowed.



NO JEWELLERY

The wearing of any form of jewellery is not permitted during play (watches/fitbits included).



IT'S A PITCH NOT A CATWALK

Sportswear should be worn – Team Kits / Same Colours desired (Strictly no jeans, caps for goalkeeper only)

**FOR MORE INFORMATION, VISIT
GOALSFOOTBALL.CO.UK**

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