

7-A-SIDE FOOTBALL MATCH GUIDELINES

Seven-a-side Football (up to twelve years old)

1. The Field of Play

Recommended

- The field of play shall be 36 to 45 metres wide and 55 to 65 metres long
- Goalposts should be no more than 4.9 metres x 1.8 metres (16ft by 6ft)

The Penalty Area

- The penalty area is defined at each end of the field as follows:

Two lines are drawn at right angles to the goal lines 20 metres apart from each other. These lines extend into the field of play for a distance of 10 metres and are joined by a line drawn parallel with the goal line

Within each penalty area a penalty mark is made 9 metres from the midpoint between the goalposts and equidistant to them. There should be a centre mark at the midpoint of the halfway line

Alternative

- Field and goalposts as supplied by the local authority may be used
- Coaches should adapt the recommendations according to the venue specifications

2. The Ball

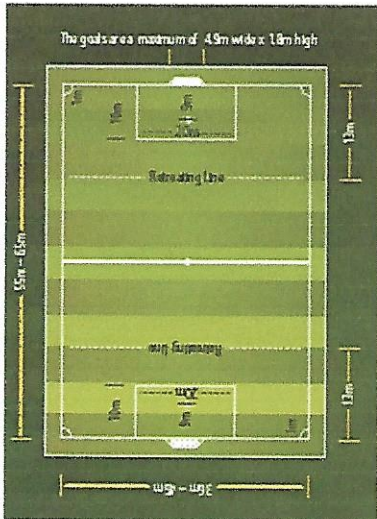
- A size 4 ball should be used.

3. The Number of Players

Teams will comprise 6 outfield players plus a goalkeeper. Team squads may consist of up to 10 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible. In the event of an obvious mismatch the weaker team as jointly agreed by the respective team leaders, may field an extra player.

4. The Players' Equipment

- All players must wear shin-guards
- Metal studs are suitable for grass fields only
- Players must wear the appropriate clothing dependant on weather
- Glasses may be worn provided they have safety frames and lenses



5. The Referee

A match supervisor shall be either a club official or an adult approved by both sides and will not be allowed to coach either team.

6. Assistant Referees

Assistant referees are not required.

7. Duration of the Game

Recommendation

At age groups 9 and 10 the duration of the game shall be 2 periods of 20 minutes with a 5 minute interval. Matches should be organised on a festival basis or as weekly fixtures and shall be trophy free. Festival format may require some flexibility in timing depending on the venue and booking times.

Alternative

At age groups 9 and 10 the duration of the game may be 3 periods of 15 minutes with 5 minute intervals. Matches should be organised on a festival basis or as weekly fixtures and shall be trophy free. Festival format may require some flexibility in timing depending on the venue and booking times.

Recommendation

At age groups 11 and 12 the duration of the game shall be 2 periods of 25 minutes with a 5 minute interval. Matches should be organised on a festival basis or as weekly fixtures and shall be trophy free. Festival format may require some flexibility in timing depending on the venue and booking times.

Alternative

At age groups 11 and 12 the duration of the game may be 3 periods of 15 minutes with

5 minute intervals. Matches should be organised on a festival basis or as weekly fixtures and shall be trophy free. Festival format may require some flexibility in timing depending on the venue and booking times. Flexibility should prevail. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch.

8. The Start and Restart of Play

On scoring a goal the team that scores will retreat to the halfway line. The team conceding the goal will restart the game with a kick-off at the centre of the pitch. Opponents should be 6 metres away from the ball.

9. The Ball in and out of Play

Normal rules apply.

10. The Method of Scoring

Normal rules apply.

11. Offside

There is no offside rule.

12. Fouls and Misconduct

Normal rules apply except in relation to a deliberate pass to the goalkeeper commonly known as the 'pass back'.

Pass Back

For age groups 9 and 10 the deliberate pass to the goalkeeper does not apply. For age groups 11 and 12 the deliberate pass to the goalkeeper does apply.

13. Free Kicks

Normal rules apply except that opposing players must be 6 metres away. At Age groups 9 & 10 all free kicks outside the penalty area are indirect.

14. The Penalty Kick

Normal rules apply.

15. The Throw In

Age groups 9 and 10 should use kick-ins. In the event of the ball going out of play, a kick-in will be awarded. At all kick-ins all opposition players must be 6 metres from the ball. The player taking the kick-in must use a short pass with the inside of the foot. Age groups 11 and 12 should take throw-ins. In the event of the ball going out of play, a throw-in will be awarded.

16. The Goal Kick

Retreating Area

For age groups 9 & 10 there will be a 13 metre retreating area. When the goalkeeper has the ball in his/her hands the opposing team must retreat behind the retreating area (marked by cones, flat markers, poles or the match supervisor can be used to take a line) until the ball has been played to a member of his team. No player from the opposition is allowed into the retreating area until the outfield player has touched the ball.

For age groups 11 & 12 there will be no retreating area. Normal rules apply for the Goal Kick.

17. The Corner Kick

Normal rules apply.

General

- Team coaches will stand on the same side of the field
- Parents should stand on the opposite side of the pitch behind a marked area, for example, cones, pitch tapes etc. Depending on the venue parents should be encouraged to stand a distance away from the pitch, to only encourage players and to uphold fair play
- Team coaches should encourage the rotation of players to experience different positions on the pitch
- Goalkeepers must either throw the ball or make a pass from the ground to a team mate. The goalkeeper must not kick the ball from hand
- It is recommended, time permitting, that matches will finish with every player taking a penalty kick
- At the end of every game, team coaches should encourage both teams to shake hands with each other and the officials
- Required Coach Education is Level 1.2 of the Children's Pathway
- Recommended Coach In Service is 7v7 Player Pathway In Service, relevant CCD & PCS coaches workshop
- It is unacceptable for a league and/or club to post results from development matches on to any website or publish in any newsletter or newspaper.