



7v7 Standards

U10 Age Groups



Player Development Philosophy

- Coaches should have the age appropriate license issued by U.S. Soccer
- The training-to-game ratio should be 2-3 training sessions per game played
- Rosters should include no more than 12 players
- Players should participate in no more than 20 games per calendar year and in no more than one game per day
- Every player should play a minimum of 50% of the time in each game



Concussion Initiative

- Per U.S. Soccer's Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed
- If the player leaves the field of play for additional evaluation, a substitution can be made in that moment
- The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player
- Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game

Concussion Initiative

- Deliberate heading is not allowed in 7v7 games
- If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense
- If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred
- In a controlled and individual environment (where heading is an isolated skill being taught away from any form of opposition or other aspects of the game), the use of lightweight balls (foam, balloon, etc.) would be acceptable for teaching heading technique



Build Out Line

- The build out line promotes playing the ball out of the back in a less pressured setting
- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
- The opposing team must also move behind the build out line during a goal kick until the ball is put into play



Build Out Line

- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense
- If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred



Build Out Line

- The build out line will also be used to denote where offside offenses can be called
- Players cannot be penalized for an offside offense between the halfway line and the build out line
- Players can be penalized for an offside offense between the build out line and goal line



Build Out Line Practical Applications

- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line
- However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes



Build Out Line Practical Applications

- To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play
- Coaches are responsible for addressing these types of issues with their players
- Referees can manage the situation with misconduct if deemed appropriate
- Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line

7v7 Standards of Play



Standard Laws of the Game

Law 4 – Players' Equipment

Law 8 – Start and Restart of Play

Law 9 – Ball In and Out of Play

Law 10 – Method of Scoring

Law 11 – Offside

Law 12 – Fouls and Misconduct*

Law 13 – Free Kicks

Law 14 – Penalty Kick

Law 15 – Throw-in

Law 16 – Goal Kick

Law 17 – Corner kick

*With the exception of deliberate heading and punting

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