

Rules of Play – 5v5 (U7-U8)

I. Game Format

A. 5v5–5 players max on the field for each team,4 field players plus a goalkeeper.

B. Minimum Players–a team must have 3 players to start or continue a game.

C. Game length-There will be 4, 8 minute quarters, with a 5-minute halftime.

D. Uniforms–Each team must wear distinctive uniforms with unique jersey numbers for each

player. Home teams should wear their lighter uniforms, away teams their darker uniforms. In case of a

uniform conflict, the home team should change. The referee has final say on whether uniforms conflict.

Goalkeepers must wear a jersey or pinnie that distinguishes them from their teammates and opponents.

Note: The ultimate goal is to play the game. If the uniforms conflict and the home team has no alternate

jerseys the away team should change. If neither team has alternate jerseys pinnies may be used. The

conflict must be resolved or both teams may be subject to a forfeit (0 points and -3 goal difference for

both teams)

E. Start of Game–The referee should use a coin toss to determine which side the teams start on and

which team kicks off.

F. Substitutions – Unlimited at any stoppage with referee permission.

G. Sideline Restarts – If the ball goes out of play across a sideline possession is granted to the

team which did not touch the ball last. A player from the possessing team returns the ball to the sideline

at the point it exited the field. The player may restart the play with a throw-in using FIFA rules.

II. Concussion Initiative

BYSC will follow the guidelines that US Soccer has set out for the concussion initiative, with the two

components below:

A. Head Injuries - 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.

B. Heading - Deliberate heading is not allowed in 5v5 games (≤U11). 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. Unless the offense is within the penalty area, in which case the kick should be given at the

nearest place to the top of the penalty area. 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.

III. Build Out Lines and Offside

A. Definition–Build Out Lines will be the halfway line. The build out line has been adopted by US Soccer

to promote playing the ball out of the back in an unpressured setting.

B. GoalkeeperPossession–When the goalkeeper has the ball in their hands during play from

the opponent, the opposing team must move behind the build out line until the ball is put in play. Once

the opposing team is behind the build out line, the goalkeeper can pass, throw, or roll the ball into play.

After the ball is put into play (by leaving the penalty area) by the goalkeeper, the opposing team can

cross the build out line and play resumes as normal. If a fast restart is initiated by the goalkeeper (time

for opponent retreat is not given), play proceeds as normal. Note: Punts and drop kicks are not allowed.

If the goalkeeper attempts to punt or drop kick the ball they will be asked to restart the play with the

ball in their possession.

C. DefensiveRestarts–Goal kicks and other defensive restarts which occur behind the penalty line will

also require the opposing team to move behind the build out line until the ball is put into play.

D. Misconduct/Delay of Restart-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. 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 th