

Tuscaloosa United Soccer Club

Rules of the Game

7v7 Rules

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Duration of Game

- Two 25-minute halves
- Half time 5 minutes
- 2 minute water break if needed due to weather, to be taken at the 15 minute mark of the half.

Number of Players on Field:

- 7v7 including goalkeepers
- Minimum: 5 players including goalkeeper

Ball: Size 4 ball to be provided by home team.

Throw-ins: Yes

Heading: Not Allowed (per USSF Mandate)

Punting: Not Allowed

The Field

- Field should have two build out lines located equidistant from top of penalty area and center circle.
- Goals: 6 ft high and 18 ft wide

The Ball

- Size 4 ball to be provided by home team.

Number of Players

- Maximum number of players per team on the field at one time is seven (7), including GK.
- Minimum number of players per team on the field is five (5).
- Substitutions can be made on any stoppage with the referee's permission

Playing Time

- Playing Time: Each player **MUST** play a minimum of 50% of the total playing time.
- Coaches **MUST** make every effort to balance playing time between all players at game

Players' Equipment

- Uniforms: Players are required to wear the appropriate **Blue Home** or **Red Away** TUSC jerseys at all games.
- The team listed first on the schedule shall be the home team. The team not in compliance shall wear training vests.
- The goalkeeper must wear a jersey or training vest that is a different color than the team.
- Players must not use equipment or wear anything dangerous to themselves or another player (No jewelry of any kind).
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats recommended, not required. No shoes with toe cleats (baseball cleats). No metal cleats.

Referees

- A referee will be provided by TUSC
- All rule infractions shall be briefly explained to the offending player.

Starting the Game

- Home team provides game ball. Away team kicks off first half.
- Kickoff occurs at start of each half and after each goal.
- Opposing team must be outside center circle on their half of field.
- Kickoff – The ball is in play when it is kicked and clearly moves in any direction, including backwards.
- After halftime, the teams change sides and kickoff is taken by the team who did not take the kickoff to start the game.

Ball In and Out of Play

- Throw-ins: Yes, if the whole ball crosses either sideline, then it is out of bounds and the game should restart with a throw-in for the other team (retakes and education encouraged).

- Heading: Not Allowed (per USSF Mandate)

Method of Scoring

- The entire ball must travel over the goal line, inside of the goal.

Off-Side

- Offside will be called per USSF Mandate, if it is blatant, starting at the buildout line.
- No offside directly from a throw in.
- No offside directly from goal kick.

Fouls and Misconduct

- No punting: If a goalkeeper punts (volleys or ½ volleys the ball from hands), the other team shall be awarded an indirect free kick on the center spot (half-way line). Restart with indirect free kick.
- No heading: Per USSF mandate. If a player intentionally heads the ball, an indirect free kick will be awarded to the opposing team where the ball was headed. If this is inside their penalty area, award the kick at the top of the box.
- No slide tackling: Coaches should encourage players to stay on their feet to tackle the ball from an opponent.

Build Out Line/Rule

Goal Kick:

- All opposition players must retreat behind build-out line. They can only cross the build out line after the goal kick is played and it has been received or the ball crosses the build out line. Play then resumes as normal.
- NEW: Ball can be received inside penalty area by possession team on goal kick (per FIFA rule change 2019)

Goalkeeper Possession

- All opposition players must be behind build-out-line when goalkeeper has ball. They can only cross the build out line after the goalkeeper has passed the ball to a teammate and it has been received or the ball crosses the build out line. Play then resumes as normal.

Free Kick

- Indirect and direct free kicks to be given in accordance with laws of game.
- Opponents must be 8 yards from the ball.

Penalty Kick

- Taken from 8 yards out
- Goalkeeper must keep one foot on goal line

Corner Kick

- Awarded when ball crosses goal line, except through the goal, and was last played or touched by a defending player.
- Attacking team to take corner kick from same side of the goal on which it went across the goal line.
- Opponents must be 8 yards from the ball.