

SOCCER SEVENS RULES

Amended

The rules of Association Football as determined by FIFA and the International F.A. Board will apply to seven-a-side games, except in the following cases :

LAW 1 THE FIELD OF PLAY

- a) The field of play shall be rectangular and shall measure a maximum of 65m. x 45m., unless the field of play is determined as half the size of an 11-a-side pitch.
- b) There shall be a goalkeeping area of 9m. x 20m.
- c) There shall be a penalty spot 7m. from the goal line.
- d) There shall be a centre spot.
- e) There shall be two goals of maximum size 5m. x 2m. each.

LAW 2 THE BALL

- a) The match ball shall be size 4.

LAW 3 THE NUMBER OF PLAYERS

- a) The maximum number of players in a team shall be 10, of whom 7 can be on the field of play at any given time. (6 outfield players and 1 goalkeeper)
- b) Players can be substituted at any point in the game.
- c) Players who have been substituted can be reintroduced to the game at a later stage. (rolling substitutes)

LAW 4 DURATION OF THE GAME

- a) The game shall last a maximum of 15 minutes each way with a minimum of 7 minutes each way.
- b) There shall be a halftime interval of minimum duration 2 minutes.

LAW 5 OFFSIDE

- a) There will be no offside in play.

LAW 6 PASS BACKS TO THE GOALKEEPER

- a) The pass back law will apply.

LAW 7 INFRINGEMENTS AND FOUL PLAY

- a) All free kicks awarded for infringements or foul play shall be direct, unless occurring in the opposing goalkeeping area, in which case a penalty kick shall be awarded.
- b) Opposition players must be at least 6 metres from the ball at all free kicks, goal kicks and corner kicks.
- c) Penalty kicks shall be taken from the marked penalty spot.

LAW 8 STARTING AND RESTARTING THE GAME

- a) The game shall be started with a centre ball.
- b) The game shall be restarted with a centre ball after a goal is scored.
- c) The game shall be restarted with a throw-in, goal kick or corner kick (as appropriate) if the ball goes out of play behind or at the side of the field of play.

NB

GOALKEEPERS

Goalkeepers may kick or throw out the ball as preferred but they are not allowed to kick or throw the ball into their opponents' half of the field.

For an infringement of this regulation the game will be restarted by an indirect free kick to the opponents on the halfway line.

EQUIPMENT

- a) All players must wear shin pads.
- b) Metal studs are suitable for grass fields only.
- c) Glasses may be worn provided they have safety frames and lenses.