



Lakewood Soccer Association – U7 Laws of the Game

Law 1 - The Field of Play: Lakewood Soccer Association (LSA) shall provide the dimensions and marking of the field. The goals are centered on the goal lines or end lines. The sidelines are often referred to as the touch lines.

Law 2 – The Ball:

Size 4. Home team provides game balls.

Law 3 – The Number of Players:

There are 6 players from each team on the field, including the goalie (5 players and 1 goalie).

Law 4 – The Players Equipment:

Shin guards are MANDATORY. Socks must be worn completely over the shin guards. Jerseys should be tucked in. Soccer cleats must be worn. No baseball or football cleats, they have a toe cleat in the front that soccer cleats do not have. No jewelry or metal hair clips are permitted.

Law 5 – The Referee:

One referee will be assigned to each field. The referees are the sole authority on the field and all their decisions are final.

Law 6 – The Assistant Referees:

When available, will assist the referee in controlling the match in accordance with the Laws of the Game but the final decision will always be taken by the referee.

Law 7 – The Duration of the Match:

The game shall consist of 2 25-minute halves. There will be a 5-minute break at half time. *Note: The time will not stop during halves except for an injury.*

Law 8 – The Start and Restart of Play:

Occurs to start off each half. Kick is taken from the center of the field and the ball must move forward. The kicker may not kick the ball again until it has touched another player. A goal may be scored on a kick-off. Defenders must remain 5 yards back until the ball is played. Players must be on their own side of the field during kick-offs. If a goal is scored, the team that was scored on takes a kick-off to resume play.

Law 9 – The Ball In and Out of Play:

The ball is out of play when: It has wholly crossed the goal line or sideline whether on the ground or in the air or when play has been stopped by the referee. Ball is in play at all other times. The team gaining possession is responsible for getting the ball.

Law 10 – The Method of Scoring:

A goal is scored when the entire ball crosses the goal line. Goals cannot be scored from behind the mid field line. Scores and standings are not kept.

Law 11 – Offside:

No offsides are called at this age. No cherry picking.

Law 12 – Fouls and Misconduct:

All fouls result in an indirect free kick. The referee must explain all infringements to the offending player. No slide tackles to be allowed in this age group.

Law 13 – Free Kicks:

Direct Free Kick:

No direct free kicks are called at this age

Indirect Free Kick Only:

Awarded at the spot of the foul for the following:

1. Inappropriate Language
2. Deliberate handball.
3. Tripping.
4. Pushing with hands or holding shirt of the opposite player.
5. Striking another player.
6. Spitting or making contact with an opponent without the ball
7. Passing back to the GK with feet and GK picking up the ball.
8. Dangerous play (high kick).
9. Preventing the GK from releasing the ball
10. Delaying play by kicking the ball after the whistle is blown.
11. Preventing a throw in (standing in front is permitted but jumping is NOT).
12. Obstruction (blocking access to the ball while not actively playing the ball).

The kicker may not touch the ball again until it has touched another player. Defenders must stand 5 yards

away. A goal may not be scored from an indirect kick unless the ball has touched another person first.

Law 14 – The Penalty Kick:

No penalty kicks are called at this age

Law 15 – The Throw-In:

Throw-ins are awarded at the point that the whole ball crosses the sideline. The throw-in motion starts from behind the head and proceeds straight over the top of the head with both hands on the side of the ball. Both feet must be in contact with the ground during this motion. A goal may be scored on a throw-in if any player, same or opposite team (including goalie) touches the ball before it enters the goal.

Law 16 – The Goal Kick:

A goal kick is awarded when the ball crosses the goal line and was touched last by the opposing team. The kick is taken from the edge of the penalty box. The kicker may not play the ball again until it has touched another player first. Defenders must be at midfield or on their side of the field until the ball has been played.

Law 17 – The Corner Kick: **Corner Kick:**

A corner kick is awarded when the ball has crossed the goal line and was last touched by a defensive player. A kick is taken from the corner on the side nearest to where the ball went out. The kicker may not touch the ball again until it has touched another player.

Additional recommendations:

Coaches:

No coaches are allowed on the playing field.

Substitution:

The coach must request permission from the referee prior to making a substitution.

A team can substitute only –

1. At the beginning of the half.
2. After either team scores.
3. Before either team's goal kick.
4. Your own throw in.
5. For an injured player.

You cannot sub on a corner kick!

Goalies:

Goalies shall wear a different color jersey from either team. They have 10 seconds to release the ball. The goalie cannot use their hands if:

1. The goalie has picked up the ball and then placed it on the ground. They may not pick the ball up again until another player has touched it.
2. The goalie receives an intentional pass from their own team (other than a header).
3. The goalie receives the ball from a throw-in from their own team.

The goalie may only pick up the ball if it is in their defensive goal box.

Playing Time:

Each player must play at least 50% of the total playing time.

Sportsmanship:

Coaches are responsible for the conduct of their assistant coaches, players, and spectators at all times. No coach, player or spectator shall yell at the referee, opposing coach, players, or fans. No coaches or fans shall run up and down the sidelines during the game. The coach shall have all players ready to be checked in by the referees before the scheduled game time. After the game is complete, players and coaches will line up and shake hands with the opposing team and referees along the centerline.

Inappropriate Language:

If the referee hears swearing, he/she will stop the game and talk to coaches

- 1st occurrence, player will sit out 5 minutes
- 2nd occurrence, player will sit out the rest of the game

The final score is never recorded, and no league standings are kept. The emphasis is on learning the game and having FUN, not winning, and losing.

Revised August 11, 2023