



7 a side Football – (Mixed)

General Instructions and Rules of the Competition

(In conjunction with football in the community trust)

Squad

Year 5 & 6 (**Year 4 can only play with parent / school's permission**)

Up to 12 girls, boys or mixed group per squad

Competition Rules

Each game should last no longer than 7 minutes per half

Group Game Points: **Win = 3 points. Draw = 1 Point. Loss = 0 Points**

- Group Winner: 1. Most points 2. Goals Scored 3. Goals Conceded
- If teams are still equal in the groups, the head-to-head result will be used and then names will be pulled out of a hat.
- If there is a tied game in the final rounds, up to 3 additional minutes per half of Golden Goal will be played before moving on to penalties.

Play area

- The pitch size shall be no bigger than 60yds 40yds or smaller than 50yds 30yds
- Recommended goal size 12ft 6ft
- The goal area extends 10yds from the goal line across the width of the pitch, marked with cones on the touchline or discs across the pitch

Goalkeeper

- The Goalkeeper must throw the ball from their hands and not kick it
- The Goalkeeper can hold the ball within the penalty area and there is now limitation on the number of steps they can take
- A goal kick off the floor can be taken anywhere on the edge of the penalty area
- The goalkeeper cannot catch/hold the ball if it's passed back by a teammate

Corner/Free Kicks

- All free kicks are indirect. The defending team must be at least 3 yards away from the ball
- There are no penalty kicks
- Corner kicks are as standard, but the defending team must be at least 3 yards from the ball.

General Rules

- The ball should be a size 4
- Kick off from the centre of the field to start the game and after a goal is scored, defending team must be 3 yards away and goals aren't permitted immediately from the kick-off
- Throw ins should be taken the normal way
- Substitutes may be used at any time during a game
- There is no restriction on the number of players allowed in the goal area

-All players must wear shin pads

- There is no off-side rule
- A yellow card will result in the player being sent off for 2 minutes
- A red card will result in the player being sent off and not being allowed to participate in the rest of the competition