



# 7th & 8th-Grade Rules



**Registration: All players MUST have a current 2023-24 Club membership, a signed COVID-19 release form and all fees paid prior to participating in the 2023/24 Fall/Spring Soccer Leagues.**

## Equipment:

- **The Ball:** Size 5.
- **Uniform:** BGCLCV issued uniform. Non-uniform clothing is allowed based on weather conditions. Face coverings are optional during play and recommended on the sidelines IF COVID-19 restrictions are in place.
- **Footwear:** tennis shoes or soccer cleats. No baseball/softball/football cleats allowed.
- **Shinguards:** Must be worn **inside** socks and covered entirely by the socks.
- **Illegal Equipment:** hard protruding objects, casts, jewelry and zippers.
- **Goals:** 7 feet high x 21 feet wide.

## Players:

- Maximum number of players on field at any one time is 9 (including goalkeeper).
- Maximum roster size is sixteen (18). Rosters may exceed 18 ONLY if both coach and AD approve.
- Substitutions are allowed at any stoppage with permission of referee (subs must enter field at midfield and MUST be waved on by the referee).
- Teams/rosters will be co-ed. Depending on registration numbers and gender breakdown, we may provide BOTH female and male divisions.
- Playing time: Each player SHALL play a minimum of 33% of the total playing time. It is the coach's responsibility to monitor each player's playing time.
- If a team does not have nine (9) players to start a game, we will play 8v8. A team can start the game with seven players (and we will play 7v8). A team can "borrow" players from their opponent if there are enough players to play a regulation game. The team that loans players to the other team will be declared the winning team (regardless of the final score).

## Field Size:

- **Dimensions:** The field of play shall be rectangular (42 yards wide x 75 yards long).
- **Markings:** Distinctive lines no more than five (5) inches wide.
  - **Midfield Line:** shall be marked out across the field.
  - **Center Circle:** with a four-yard radius.
  - **Corner Arcs:** Four (4) each with a one (1) yard radius.
  - **Goal Area:** Seven (7) yards from each goal post and seven (7) yards into the field of play joined by a line drawn parallel with the goal line.
  - **Penalty Area:** Twelve (12) yards from each goal post and twelve (12) yards into the field of play joined by a line drawn parallel with the goal line. Penalty kick mark is made at ten (10) yards from the goal line.

## Start and Restart of Play:

- **Pre-game equipment check** – Three (3) minutes before start time. Have all players line up along the penalty box line (on their bench side) for equipment (shoes/shin guards) check.
- **Pre-game conference** – One (1) minute before start time. One coach and one captain per team will go to midfield for the conference. Have starters out on the field in their positions during the conference. Designated HOME team starts on offense to begin match (alternate in 2<sup>nd</sup> half).
- The offense can have any number of players in the center circle on their half of the field.
- The defense must be outside the center circle and on their own half of the field.

## Duration of the Game:

- The game shall be divided into two 30-minute halves with a 3-minute halftime. No added time for regular-season games tied after regulation.
- Tournament games tied after regulation will be determined by a penalty kick shoot-out (5 players per team), followed by a sudden death shoot-out if necessary.

**Ball in and Out of Play:**

- Ball must completely cross the outside edge of the sideline to be “out.” The ball is “in” if any part is touching or above the sideline.

**Throw-In:**

- Awarded when the ball completely crosses the sideline.
- Opponent must be five (5) yards away.
- Player’s back foot must stay on the ground when releasing the ball.
  - Failure to do so will result in loss of possession

**Slide Tackling: Not allowed**

**Heading policy** – Heading **is** allowed in this age group.

**Method of Scoring:**

- Ball must completely cross the goal line between goal posts and beneath crossbar for a goal.

**Off-Side:**

- Offside Position - PLAY IS NOT STOPPED FOR OFFSIDE POSITION. A player is in offside position if that player is nearer to the opponent’s goal line than both the ball and the second to last defender. This only applies in the defender’s half of the field.
- Offside Offense - A player in an offside position is penalized **IF**, at the moment the ball touches or is played by a teammate, that player is involved in active play. The opposing team gets an indirect free kick from the place where the offense occurred.
- No Offside - There is no offside violation if a player receives the ball directly from a goal kick, throw in, or corner kick.

**Fouls and Misconduct:**

- The yellow card is used to communicate that a player or coach has been cautioned.
- The red card is used to communicate that a player or coach has been ejected.
- ***A yellow card requires the offending player to immediately be substituted. The player may return to the field at the next regular substitution.***
- A red card results in immediate ejection from game with no replacement/substitution allowed.

**Free Kick:**

- Opponents must be eight (8) yards away from the ball on a free kick.

**Penalty Kick:**

- Awarded when a defending player commits a foul within their own penalty area.
- Penalty mark/spot is made ten (10) yards from the goal post in the center of the field.

**Goal Kick:**

- When the ball crosses the goal line on the attacking end and is last touched by the attacking team.
- The opposing team puts the ball back into play with a goal kick inside goal area.

**Corner Kick:**

- When the ball crosses the goal line on the attacking end and last touched by the defending team.
- The opposing team puts the ball back into play with a corner kick inside the corner arc.

**General Rules:** Coaches are responsible for knowing, teaching and following the rules; including the Club’s No Tolerance Policy, which deals with coach/player/fan sportsmanship/behavior. Any rule or incident/situation not covered by our sport rules will be reported to the field monitor and reviewed by the Athletic Director; who will arbitrate any problems, issues and/or penalties.

For more information, contact:

Scott McClure, Athletic Director  
Office Phone – (208) 746-2301 ext. 212 / Cell Phone – (208) 791-2394  
Email – [smcclure@poweroftheclub.org](mailto:smcclure@poweroftheclub.org)