

7 v 7 Fall Kick Off Rules

FIFA rules apply

Match Format:

7v7 (6 outfield players + Goalkeeper)

Field of play:

45-55 wide x 70-80 yards long

Goals are 7' x 21' size

Ball size:

Size 5

Duration of Play:

Referee keeps game time on the field

60-minute game (2 x 30-minute halves)

Center referee only

Substitutions:

Unlimited at any stoppage of play, with the referee's permission

Touchline restarts:

Instead of a throw-in, restarts will occur via kick-in. All touchline restarts are indirect free kicks.