



7U Referee Guidelines

Thanks for volunteering to referee in 7U! These guidelines should answer your questions. For more information, please see the Region 10 website at www.ayso10.org, or The Laws of the Game at www.TheIFAB.com Note that in 7U, assistant referees are optional.

Ball Size	3
Players per side	6 (no goalkeepers)
Minutes per half	20 Substitution break near the 10 minute mark (recommended when the ball is out of play); Minimum halftime is 5 minutes.
Substitutions	Made at quarter breaks and halftime (unless for health or injury)
Quarters for each player	3 However, for teams with more than 8 players, coaches must rotate players so that all the kids have the opportunity to play 3 quarters.
Throw-Ins & Offside Calls	If a throw-in is performed incorrectly, instruct the player on how to do a proper throw-in and have him/her do it over. If done incorrectly a 2 nd time, let the game continue. Offside is not enforced for 7U.
Fouls and Penalty Kicks	All free kicks are Direct Free Kicks in 7U. All opponents must be 6 yards away from the ball. There are no Penalty Kicks (PKs) in 7U. If there is a direct kick foul committed by the defending team in their goal area, the attacking team is awarded a direct free kick at the closest point on the goal area line that is parallel to the goal line (this is sometimes called "the 6 yard line").
Player Safety	Deliberate heading of the ball is not allowed in 7U. Award a direct free kick to the opposing team. Slide Tackles are allowed if done correctly. However, if a player slides along the ground attempting to knock the ball away from an opponent and this is done in a careless or reckless manor, award a direct free kick to the opponents and advise the players that it is easier to stay in control if they stay on their feet.

<p>Tolerance for players' jewelry, casts, slings, hard objects in hair, blood on uniform or body</p>	<p>0</p> <p>National and Region rules prohibit ALL jewelry. Under no circumstances are players allowed to play with any form of casts, slings, earrings, necklaces, watches, rings, bracelets, or any hard object in the hair. (Prescription eyewear is allowed. Medical Alert bracelets and necklaces are allowed if taped to the body.)</p> <p>In the event that any of these conditions exist, you must either take the corrective action or not allow the player to play. In the case of a player who presents him/herself with a cast or sling, that person may not be allowed to play even if he/she removes the cast or sling while present. A player may not play with any form of cast or sling even with a doctor's note.</p> <p>In the event of any injury resulting in blood, the player must leave the field until all blood is removed or neutralized in accordance with AYSO Safe Haven Policy. Coaches may have hydrogen peroxide in their bags to neutralize the blood and extra uniforms. A player cannot re-enter the Game with untreated blood. All wounds need to be covered with a bandage.</p>
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- ✓ Start the game on time (especially after we lose Daylight Savings Time).
- ✓ Assistant Referees are optional and if available can be used. You can recruit the other team's referee or a non-referee parent (or older sibling who looks like a soccer player 😊) can be asked to act as a "club linesperson".
- ✓ Keep the game fun for you, the spectators, and most importantly, the PLAYERS. **Remind coaches, if necessary, that they are responsible for their sideline and anyone behaving inappropriately - parent, other spectator, coach or player - may be dismissed after having been warned.**
- ✓ **Keep the environment positive for the players - Remember P.I.E. : only Positive, Instructional and Encouraging comments from coaches & spectators.**
- ✓ Every effort should be made to keep the game moving and free from stoppages for trivial & doubtful infractions. Let them play and enjoy.

If you have any questions on these guidelines, please contact the Division Referee Coordinator listed on the scheduling system or the Regional Referee Administrator listed in the Board Contacts section of the Region 10 website.

Also, as your children move on to older age divisions, remember to upgrade your referee badge by taking additional courses that are appropriate for their age. See any of the Region 10 referee staff on how to do this.