



## Under 7's Rules

### Saturday Morning League

To be played on the mini 3G pitches

Should an issue arise, please make one of your coordinators aware at the earliest possible convenience where it will be dealt with appropriately.

#### Timings:

- 2 games are played every Saturday morning.
- Each game will be approximately 25 minutes in duration. Referees should time the first 12 minutes of the game, stop for half time (1 minute), and then resume the game. The end of the game will be signalled by your coordinator blowing a central whistle. You must stop the game at this time unless previously agreed with both teams and a coordinator prior to the start of the match.
- Teams should be ready to play on time. Please arrive in good time to make sure full playing time is achieved.
- If a team has 5 or more players, the game must start on time. If a team has less than 5 players, then the game must start no later than 5 minutes after the kick off time. If the game starts later than this or the team does not have enough players, the opposition will be awarded the points and a friendly will be played.
- There will be 5 minutes for teams to get onto their next pitch, the process above then repeats.

#### Kick Off & Restarts:

- Kick off and restarts must take place on the centre spot. All players must be in the same half as their goal when kick off or a restart takes place. There must be no shooting from kick off or a restart. The opposing team should start at least 3 steps away.

#### Throw Ins:

- When the ball goes out of play on the side-lines, the opposing team must throw the ball back in overhead.
- When taking a throw in, both feet must remain on the floor until the ball has been released and should be taken from behind the line where the ball went out of play.
- Foul throws are to be corrected, not punished.

#### Corners

- Corners to be taken if the defending team hits the ball out of play past the by-line in line with their goal, a player from the attacking team must kick the ball back into play.
- Opposing team should be at least 3 steps away when the ball is kicked.

#### Goal Kicks:

- The ball can be kicked from the floor but also can be thrown (both overarm or underarm). No dropkicks from a goal kick! The ball may go over the half way line if this can be achieved.
- **The opposing team must retreat to half way before the goal kick can be taken.**

#### Free Kicks:

- Free kicks are to be taken when a player fouls the opposing by tripping/pushing them etc without playing the ball first, through aggressive play or using their hands while in open play (goalkeepers exempt).
- At the referee's discretion, the ball must be made stationary before the benefitting team can kick the ball. **All free kicks are to be direct, meaning a goal can be scored directly from the shot.**
- All opposition players must be 3 steps back.
- Slide tackles are **not allowed**, dangerous tackles (eg two footed, studs up etc) will result in a free kick or penalty.

#### Penalties

- Penalties occur when a foul (identified in the free kick section) occurs inside the goal area by the defending team of that goal. Penalties must be taken from the penalty spot.
- Only the goalkeeper and the penalty taker can be inside the goal area before the kick is taken, all other players must be outside the goal area and behind the penalty taker.
- Referees must confirm the goal keeper is ready before blowing the whistle and the penalty taker must wait for the referee's whistle

## Headers

- Headers **are** allowed although these will not be taught in any coaching session.
- LDJ uses the latest standard of footballs each season.
- Headers are the players own personal choice - **you do not have to**.
- We will update our guidelines as and when the FA do.

## Players Equipment:

- **Shin Pads** - shin pads must be worn at all times during the games. We have a zero tolerance policy and any player found to be playing without shin pads will be asked to leave the field of play immediately and may not return until they are wearing shin pads.
- **Playing Kit** - each player is provided with a team shirt, please make sure this is primarily visible. Undergarments, hats, gloves trousers etc are all acceptable to wear especially during the cold weather.
- **Football Boots/Shoes** - no bladed boots or metal studs are allowed. Moulded studs/astro boots/trainers are accepted. If you are unsure, please speak to one of your coordinators.
- No jewellery or watches should be worn during the games.

## Sporting Conduct:

- Any behaviour, actions or bad language that disrupts the game will not be tolerated. Referees can ask players to leave the field; this will be followed up by a member of Littledown Juniors team. If this happens then please contact a coordinator immediately. If any of the offences continue you will be asked to leave Littledown Juniors. This applies to spectators on the side-line also.
- Teams that are unfortunate enough not to be able to field enough players for a game can forfeit to the opposition and continue to play a friendly with their opposition and mix teams to make the game even. A score of 1-0 can be recorded to the winning team.
- Spectators are asked to remain on the side-lines or behind the barriers surrounding the pitch and to not stand next to or behind the goal.

\*please note that we can print/email you extra copies of the rules should you require\*

If you would like further clarification on any points mentioned above, wish to discuss them further or have any questions, please email [littledownjuniors@bhlive.org.uk](mailto:littledownjuniors@bhlive.org.uk)