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## U10/11 Modified 7v7 Laws of the Game

### Overview of Key Changes

- **Restarts: Dribble-in.** There will be NO throw-ins for the U10 or U11 age groups. This is in alignment with Canada Soccer's Grassroots Standards and will allow players to have more 1v1 interactions and opportunities to quickly restart the game. The dribble-in will be awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touchline in the air or on the ground. The player who will restart the game through a dribble-in will put the ball on the touchline, remove their hand, and they are free to dribble the ball into the field in any direction. A "Ready, Set, Play" countdown may be used to ensure play is continued. Players should be encouraged to restart the game within three (3) seconds. Opponents should be backed off 3 meters to allow the player to dribble the ball into the field of play. Goals may not be scored from the player restarting the game from a dribble-in as this restart is treated the same as a throw-in and is considered an indirect restart of the game. For a goal to be scored from a dribble-in, another player on the field will need to touch the ball.
  - A pass-in restart option may become available in later seasons after the dribble-in restart has been evaluated. Implementing a pass-in option will largely depend on ensuring coaches can exhibit behaviours that put the development and experience of the children first, rather than turning every opportunity the ball goes out of play into a set-piece opportunity.
  - A goal may not be scored directly from a kick-off and is treated as an indirect free kick.
  - All restarts are treated as indirect free kicks, except penalty kicks that are direct.
- **Corner Kicks:** There will be corner kicks at U10 and U11. This will mirror the same IFAB Laws Of the Game on corner kicks **except a goal may not be scored directly from a corner.**
- **Retreat Line:** The retreat line for U10 and U11 matches will be the halfway line. Goal-kicks can be taken as a pass-in. The retreat line will be active when:
  - Goal kick
  - Free kick inside the defending team's penalty area



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- Coaches are encouraged to have their teams drop off to the halfway line and allow the opponent to play out.
- After the ball leaves the penalty area opposition players can advance over the Retreat Line.
- Goalkeeper Playing Over Half: Goalkeepers are allowed to play over the halfway line from goal kicks, their hands, or their feet. We encourage coaches to be training players to read cues from the opponent to have goalkeepers make appropriate decisions on when to play long and when to play short. Given the Retreat Line, there will likely be fewer options to play long and direct.
- Offsides: There will be no offsides in the 7v7 match format.
- Substitutions: Substitutions can be made during any stoppage in play that allows for a substitution at the referee's discretion for the U10+ age groups.
- Scores: The U10/U11/U12 age groups will operate in a no-scores/no-standings manner. There will continue to be formal gamesheets for these matches.
- Playing Time: CMSA wants to remind all players, coaches, and parents that fair and equitable playing time is essential to a positive soccer experience. Playing time must not be determined by the ability level of the player, or the ability level of their peers/opponents.
- Match Day Roster Guidelines: CMSA will accept minimum rosters of 11 players for all 7v7 Indoor 2023/24 age groups.

Quick Reference by Age Group						
Age Group	Throw-in/Dribble-in	Retreat Line	Offside	Ball Size	Goal Size	Substitutions
U10	Dribble-in	Halfway	No	4	6x12	Stoppage
U11	Dribble-in	Halfway	No	4	6x12	Stoppage
U12/U13	Throw-in	None	No	U12 - 4 U13 - 5	6x16	Stoppage
U14-U19	Throw-in	None	No	5	6x16	Stoppage

Full Modified Laws of The Game are below.



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## Law 1 - Field Markings &

### Equipment

### Dimensions

The field of play shall be rectangular and marked with lines.

The playing area will be 30 meters wide x 50m long. Games may be played on mini fields or may be played within or across standard fields.

### Markings

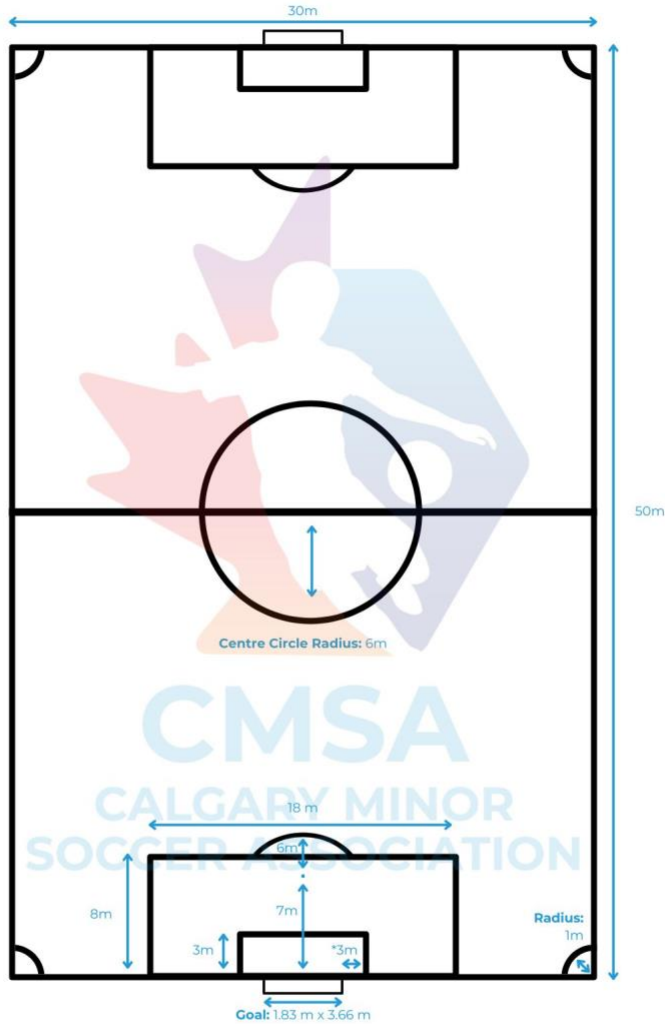
Distinctive lines and markings are required:

- Fields should be marked by distinctive lines not more than twelve (12) centimeters in width.
- The two longer boundary lines are called touchlines, the two shorter boundary lines are called goal lines.
- The field of play is divided into two halves by a halfway line, which joins the mid-points of the two touchlines. This line is also used as the Retreat Line for some restarts (see Rule 8)
- A centre mark is marked at the mid-point of the halfway line. A circle with a radius of 6 meters is marked around it.
- A corner arc with a 1-meter radius should be indicated at the four corners of the field.
- A goal area should be indicated by a rectangular box 8 meters x 20 meters.
- A flag post, at least 1.5 meters high, with a non-pointed top and a flag can be placed at each corner.

**Example Field Markings:**



## U10-U11 Field Dimensions



**Minimum Width: 30 m**  
**Maximum Width: 36 m**

**Minimum Length: 40 m**  
**Maximum Length: 55 m**

\*Line is measured from the edge of the post and outward 3 m  
Regardless of field width/length, all markings within the field remain the same.

All markings are the same for both halves of the field.

Paint colour: White (unless otherwise stitched into turf pitch)

Line Width: 10.16 cm - 12 cm



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## Goals

- The goal should be 1.8 meters high (6 feet) x 3.66 meters wide (12 feet).
- Nets may be attached to the goals and the ground behind the goal, ensuring they are properly supported and do not interfere with the goalkeeper.
- Goals must be anchored securely to the ground. Portable goals may only be used if they meet this requirement.

## Law 2 - The Ball

- The ball will be size 4, spherical, and in suitable condition (not torn or damaged etc.)
- If a ball becomes defective during the game, the game is stopped until a replacement ball is provided.
- Play is restarted by dropping the replacement ball at the place where the original ball became defective.
- The ball should be inflated to 8lbs—9lbs pressure.

## Law 3 - The Number of Players

- Each team will consist of seven (7) players, one of whom must be a goalkeeper.
- Substitutions may be made at any stoppage, with the referee's permission, and shall be unlimited in **U10+**.
- The minimum number of players is five (5) for a game to start or continue.
- All U10/U11 teams have the option to use the "4 Up 1 Up", "Swap GKs", and "Mix 'Em Up" during any game.
  - 4 Up 1 Up – When a team is losing by four (4) or more goals, that team can add an extra player onto the field.
  - Swap GKs – Swap goalkeepers if the run of play is not allowing for goalkeepers to develop.
  - Mix Em Up – Mix all players together from both teams if mismatched and the game is becoming lopsided.



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## Law 4 - The Players' Equipment

Players shall not wear anything that is dangerous to themselves or other players.

### The Basic Compulsory Equipment Shall Consist of:

- A numbered jersey or shirt with sleeves.
- Shorts.
- Socks.
- Shin guards.
- Appropriate footwear.
- Jewellery is not permitted and cannot be taped. Medic Alert bracelets and necklaces are the exception if they are fastened securely so as not to be dangerous to any other player. The referee should be aware of any player that is wearing one of these.

### Shin Guards

- Must be completely covered by the socks.
- Are to be made of rubber, plastic, or similar suitable material.
- Must provide a reasonable degree of protection.

### Colours

- The two teams must wear colours that distinguish them from each other and the referee.
- Each goalkeeper must wear colours which are distinguishable from all outfield players and the referee.
- Pinnies/bibs are recommended to save jersey switching.
- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
- A player who is asked to leave the field of play because of defective or dangerous equipment may not re-enter the field of play until the referee is satisfied that the equipment is permissible. The equipment may only be inspected during a stoppage in play.
- Any hair apparel must be of soft fabric, no plastic or metal items are to be worn.
- Sports hijabs/headscarves are permitted.
- Referees have the final say on the safety of equipment.



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## Law 5 - The Referee

### The Authority of the Referee

Each game is facilitated by an ASA-accredited referee who has full authority to enforce the 7v7 Modified Laws of The Game. The decisions of the referee regarding facts connected with play, including whether a goal is scored and the result of the game, is final.

### Powers and Duties

The referee:

- Enforces the 7v7 Modified Laws of The Game.
- Ensures that the ball meets the requirements of Rule 2.
- Ensures that the player's equipment meets the requirements of Rule 4.
- Acts as a timekeeper and keeps a record of the game.
- Stops, suspends, or terminates the game, at his discretion, for any infringements of the Rules.
- Stops, suspends, or terminates the game, because of outside interference of any kind (lightning etc.)
- Stops the game if a player is injured and ensures that the player is attended to.
- Ensures that any player that is bleeding from a wound leaves the field of play. The player may only return once the referee is satisfied that the bleeding has stopped.
- Ensures no unauthorized persons enter the field of play.
- Indicates the restart of the game after it has been stopped.
- Acts against team officials who fail to conduct themselves in a responsible manner and may, at his discretion, expel them from the field of play and its immediate surroundings.
- **May act in accordance with the Zero Tolerance for Referee Abuse Policy and:**
  - **Abandon matches at any point resulting in both teams forfeiting and the game listed as un-played.**
  - **Calling Time-Outs to address behaviour with both teams.**
  - **Other powers outlined in the Zero Tolerance Policy for Referee Abuse policy.**

## Law 6 - Assistant Referees

There are no Assistant Referees in 7v7 matches.



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## Law 7 - Duration of Game

### Periods of Play

The game lasts for two (2) equal periods of 25 minutes for the U10 and U11 age groups, unless mutually agreed between the referee and the two participating teams, or as stated in competition rules.

#### HALFTIME

- Players are entitled to a halftime interval of 5 minutes.
- There is no allowance in either period for extra or added time.

## Law 8 - The Start and Restart of Play

### Definition of Kick-Off

A kick-off is a way of starting or restarting play:

- at the start of a game.
- after a goal has been scored (The kick-off will be taken by the team who conceded the goal).
- at the start of the second half.
- A goal may not be scored directly from a kick-off and is treated as an indirect free kick.

### Procedure

Before the kick-off at the start of the game:

- The home team will sit on the right-side benches when facing the field.
- Teams will start on the side of the field that their bench is on for the first half.
- The away team will start with kick-off. No coin toss is needed.
- In the second half of the game, the teams change ends and attack the opposite goals.

### Kick-off

- After a team scores a goal, the kick-off is taken by the **opponent**.
- All players, except the player taking the kick-off must be in their own half of the field.
- The opponents of the team taking the kickoff must be 6 meters away from the ball until it is in play.





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- The ball must be stationary on the centre mark.
- The referee gives a signal.
- The ball is in play when it is kicked and moves in any direction.
- The kicker must not touch the ball again until it is touched by another player.

## Infringements and Sanctions

For any infringements of the kick-off procedure, the kick-off is retaken.

Definition of dropped ball:

*A dropped ball is a method of restarting play when, while the ball is still in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in the Modified Laws of The Game. Some examples of this are an injury or interference by an outside agent.*

**If the ball hits the referee during play, a drop ball will be administered from the point of contact.**

Procedure

1. The referee drops the ball at the place where it was located when play was stopped unless play was stopped inside the penalty area, in which case the referee drops the ball on the penalty area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.
2. Play restarts when the ball touches the ground.

The ball is dropped again:

- if it is touched by a player before it makes contact with the ground
- if the ball leaves the field of play, after it contacts the ground, without touching another player.

If the ball enters the goal:

- if a dropped ball is kicked directly into the opponents' goal, a goal kick is awarded.
- if a dropped ball is kicked directly into the team's own goal, a corner kick is awarded.

## Ball Contacts the Ceiling

Should the ball come into contact with the ceiling at any point during gameplay, a restart will be awarded to the opposing team at the touchline closest to where the ball contacted the ceiling. This restart will be taken in the form of a dribble-in.

## Retreat Line

The Retreat Line will come into effect in two (2) situations during the game:

- A Goal Kick
- A Free Kick to the defending team within its own goal area

At these two (2) restarts, the opposing team is required to move beyond the Retreat Line. The goalkeeper or player taking the goal kick or free kick can then pass the ball to one of **their** teammates without the pressure of an opposing player nearby. Once the ball leaves the penalty area, or a teammate touches the ball, the opposition players **may** advance over the Retreat Line.

The Retreat Line in 7v7 will be the Halfway Line for U10/11.

If a member of the opposing team comes inside the Retreat Line before the ball leaves the penalty area or a teammate touches the ball, or fails to drop behind the line, the referee will stop play and the restart will be retaken from the original restart location.

Should a goalkeeper or player play the ball over the retreat line, the game continues as normal.

Retreat Line Example:





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## Law 9 - Ball In and Out of Play

### Ball Not in Play

The ball is not in play when:

- it has wholly crossed the goal line or touch line whether on the ground or in the air.
- the play has been stopped by the referee.

### Ball in Play

The ball is in play at other times, including when:

- it rebounds off the goalpost, crossbar, or corner flag post and remains in the field of play.
- it rebounds off the referee.

## Law 10 - The Method of Scoring

A goal is scored when the whole of the ball has crossed over the goal line between the goal posts and under the crossbar, provided that no infringement of the 7v7 Modified Laws of The Game has been previously committed by the team scoring the goal.

## Law 11 - Offside

There is no offside in the 7v7 match format.



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## Law 12 - Fouls and Misconduct

An indirect free kick is awarded to the opposing team if a player commits any of the following offences:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- strikes or attempts to strike an opponent
- tackles an opponent from behind to gain possession of the ball
- makes contact with an opponent before touching the ball
- handles the ball deliberately (except for a goalkeeper, within their own goal area)
- jumps at an opponent
- charges an opponent
- pushes an opponent
- holds an opponent
- spits at an opponent
- playing in a dangerous manner
- prevents goalkeeper from releasing the ball from their hands or free kick in the penalty area
- touching the ball more than once from a restart except for dribble-in restarts

The indirect free kick is taken from where the offence occurs, unless inside the penalty area, then the ball is moved parallel from the point of infraction outside of the penalty area.

If the defending team commits an offence inside their own penalty area, a direct penalty kick is awarded.

Referees should not issue cautions or red cards to players. If a player is playing roughly, the referee should request that the coach substitute the player, and the coach should advise the player to play in a fair manner. Any player who spits at or strikes an opponent should take no further part in the game.

## Goalkeepers

Goalkeepers are allowed to handle the ball inside their own goal area.

Goalkeepers have six (6) seconds to release the ball from their hands. Goalkeepers may not touch the ball with their hands if:

- It has been deliberately kicked to them by a teammate.



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- They have released the ball from their hands, and it has not been touched by an opponent.
- For any of these three offences, an indirect free kick will be awarded to the opposing team on the goal area line closest to where the offence occurs.

### Law 13 - Free Kick

- All free kicks are indirect for the U10/U11 age groups. A goal may not be scored directly from an indirect free kick.
- The ball is in play when it is kicked and **clearly** moves.
- If an indirect free kick is kicked directly into the opponent's goal, a goal kick will be awarded to the opposing team.
- If an indirect free kick is kicked directly into the team's own goal, a corner kick will be awarded to the opposing team.
- A player may not touch the ball a second time on a free kick until it has been touched by another player from either team. If this happens, the opposing team will receive an indirect free kick.
- All opponents must remain at least 6m from the free kick until the ball is in play.

### Free Kicks Taken From Inside a Team's Own Goal Area

All opponents must be beyond the Retreat Line until the ball has left the Goal Area (See Rule 8—The Start & Restart of Play, Retreat Line).

### Law 14 - Penalty Kick

A penalty kick is awarded if a player commits an offence inside their penalty area. If no penalty spot is present, the penalty kick is to be taken from the middle of the parallel line **at the top of the goal area**. Penalty kicks are direct.



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## Law 15 - Throw-In – Modified to Dribble-In

- The dribble-in will be awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touchline in the air or on the ground.
- The player who will restart the game through a dribble-in will put the ball on the touchline, remove their hand, and they are free to dribble the ball into the field in any direction **and must be touched at least twice by the player who is dribbling the ball into the field.**
- A “Ready, Set, Play” countdown may be used **by the referee** to ensure play is continued. Players should be encouraged to restart the game within three (3) seconds.
- Opponents should be backed off three (3) meters to allow the player to dribble the ball into the field of play unless the player taking the dribble-in wishes to restart play quickly.
- Goals may not be scored from the player restarting the game from a dribble-in as this restart is treated the same as a throw-in and is considered an indirect restart of the game. For a goal to be scored from a dribble-in, the ball will need to be touched by another player on the field.
- **A goal scored by directly kicking the ball in from a dribble-in will result in a goal kick.**

## Law 16 – Goal Kick

- A goal kick will be awarded to the defending team, when the whole of the ball crosses the goal line, in the air on the ground, when last touched by a player on the attacking team.
- The kick may be taken from any point in the goal area.
- The ball is in play when it is kicked directly out of the goal area or is touched by a teammate.
- All opponents must be beyond the Retreat Line until the ball has left the penalty area or is touched by a teammate (See Rule 8—The Start & Re-start of Play, Retreat Line).
- The kicker may not touch the ball a second time until it has been touched by another player.
- A goal may not be scored directly from a goal kick.



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## Law 17 - Corner Kick

- A corner kick will be awarded to the attacking team, when the whole of the ball crosses the goal line, in the air or on the ground, when last touched by a player on the defending team.
- The kick may be taken from any point in the corner arc, or within 1m of the corner of the field, if no arc is marked.
- The flag post must not be moved.
- All opponents must be at least 6m from the ball until it is in play.
- The ball is in play when it is kicked and moves.
- The kicker may not touch the ball a second time, until it has been touched by another player.
- A goal may not be scored directly from a corner kick as this restart is indirect.