



7v7 Game Rules KH 6.4.23

GENERAL SET UP RULES

- Games will be played on field A & B- which will be lined as a 50 yard field with a 25 yard “restraining line”.
- Both ends of the field will have normal sized creases, 8 meters and 12 meter arcs (when possible)
- Teams who do not have a goalie may opt to use a “hector rejector” shot blocking net. This net must be a standard square approx. 4ft by 4ft. (an elite level shooting net with only small holes may not be used)
- 7 v 7 plus a GK (or 7 field players & a rejector) - 5 v 5 in the settled attacking end. (2 behind the “restraining line”)
- Two 20 or 22-minute halves (depending on the event) with a half time (running clock) (following the central clock for the event)
- All youth USL rules apply including NO CHECKING.
- One pass is required before attempting to attack the cage. The goalie clear does not count towards that count.
- Rosters should not exceed 15 players per team.
 - We will make reasonable exceptions to this rule. *ie: your roster has 16 players and you don't want to leave someone home.* Please understand we are simply trying to prevent programs from combining teams to play in one event, which can be perceived as a disadvantage to opponents.
- Players must compete in designated grad year. No player shall compete in a division whose oldest designated grad year is younger than their own.
- Players shall not double roster unless it has been approved by the tournament director and accepted by coaches of both home and away team.

IN GAME RULES

- If attacker intercepts or causes turnover from opposing goalie after save, the player must have one pass before attacking the cage again
- Self-starts are permitted. Self-starts are permitted during the final two minutes due to the continuous central clock. Officials help to communicate to the offending player to make an attempt to get 4m away.
- Free movement is permitted
- Kicking the ball is permitted
- Incidental cover is permitted as long as no attempt is being made to gain possession by opposing team.
- If a yellow card is issued by an official, then the player does serve the 2 minute penalty and the team plays down a player.
- Shooting space- is called right away when safety is at the forefront. However, when there is no intent to shoot from the opponent, but the defender is still in shooting space, the Jr official will communicate to the player in shooting space “warning her” to get out of the lane.
- 3 Seconds- Jr. official will communicate to the player in 3 seconds “warning her” to get out of the 8. Once players make no intent to move and they aren't attempting to clear the 8M, 3 seconds is called.

SCORING RULES

- **When a rejector is used in place of the GK, the following must happen in order for the goal to count.**
 - Shots may not bounce off the rejector and into the goal. *ie: a ball hits right at the rejector, drops and rolls in (essentially hitting a goalie and going in)*
 - intent is to teach the youth player to PLACE their shot. **NO GOAL**
 - Shots may not be rolled BENEATH the rejector with the intent to simply BYPASS the rejector.
 - intent is to teach the youth player to PLACE their shot **NO GOAL**
 - Shot may bounce into the goal as long as it does not make contact with the rejector. But if it ball maintains continuous contact with the ground (rolling with slight bounces) the goal will not count.