



## **7v7 Teams (Basic Rules)**

### **Flyers & Wings**

Each team will play one game on game day. The head coach should select seven players (6 outfield players and a GK) to play on the field. All remaining players should remain on the sideline, with both teams resting players on the same side of the field. The game is to be supervised by the coaches and assistant coaches from each team.

<b>Rec. Field size:</b>	40 by 30 yards
<b>Rec. Goal size:</b>	12ft by 6ft
<b>Ball size:</b>	Size 4
<b>Duration of game:</b>	2 – 25 minute halves with a 5 minute half time break
<b>Number of referees:</b>	2 total (There are no linesmen)
<b>No. of players:</b>	7 (6 outfield players and 1 GK) All players shall play at least 50% of the game!
<b>Substitutions:</b>	Unlimited and on any dead ball situation or throw in (Follow FIFA rules for entering the field)
<b>Heading:</b>	No Heading – an indirect free kick will be given to the opposing team.
<b>Punting:</b>	FIFA Law
<b>Goal kicks:</b>	To be placed on either corner of the box. (Opposing team should be 6 yards away)
<b>Throw-ins:</b>	FIFA Law
<b>Free Kicks:</b>	FIFA Law (Opposing team should be 6 yards away)
<b>Penalty kicks:</b>	There will be no penalty kicks, instead a direct kick will be given outside the box.
<b>Offside:</b>	There will be no off sides. (However, blatant offside will be called)

**All other rules come under FIFA regulations!**

[https://football-technology.fifa.com/media/1245/lotg\\_17\\_18\\_en.pdf](https://football-technology.fifa.com/media/1245/lotg_17_18_en.pdf)

**Please respect the referees, your opponents and their families**

**Have a great season**