



7v7 Teams (Basic Rules)

Flyers & Wings

The head coach should select seven players (6 outfield players and a Goal Keeper) 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 supervised by the Coaches and Assistant Coaches from each team.

Rec. Field size:	60 by 40 yards
Rec. Goal size:	12ft by 6ft
Ball size:	Size 4
Duration of game:	2 – 25 minute halves with a 5 minute half time break
Number of referees:	2 total (There are no linesmen)
No. of players:	7 - (6 minimum)(6 + 1 GK) All players shall play at least 50% of the game!
Substitutions:	Unlimited and on any dead ball situation or throw in (Follow FIFA rules for entering the field) Corner kicks and free kicks are not dead ball situations.
Heading:	No Intentional Heading – an indirect free kick will be given to the opposing team.
Punting:	FIFA Law
Goal kicks:	FIFA Law
Throw-ins:	FIFA Law: Re-throws are allowed at Referee's discretion (mainly early in the season for Flyers)
Free Kicks:	FIFA Law (Opposing team should be 6 yards away)
Penalty kicks:	There will be no penalty kicks, instead a direct kick will be given outside the penalty area.
Offsides:	There will be no off sides. However, blatant offsides or 2 to 3 steps past the 2nd to last defender, will be called.
Slide Tackling:	Slide Tackling is not permitted.

All other rules come under FIFA regulations!

Link to FIFA Laws is under resources

Please respect the referees, your opponents and their families

Have a great season