

PLAYING RULES OF PLAY
KAK GRADES 3-4
7v7

Rule 1 – Ball

- Size 4 soccer ball.

Rule 2 – Number of Players

- A maximum of **7 players per team**, including one goalkeeper, may be on the field at one time.
- Substitutions may be made any time the ball is out of play.
- Each player must play at least **50%** of the game.

Rule 3 – Player Equipment

- Players must wear sneakers or soccer cleats with soft molded studs.
- Shin guards are **required**.
- Mouth guards are optional.

Rule 4 – Referee

- If an official referee is not assigned, one referee agreed upon by both coaches will officiate the game while coaches manage their teams from the sidelines.
- Referees should keep the game fun, safe, and focused on player development.
- When play is stopped for a foul or other infraction, referees should briefly explain the reason to the players.

Rule 5 – Duration of the Game

- Two 25-minute halves.
- Five-minute halftime.

Rule 6 – Kickoff and Restarts

- Opposing players must remain at least **8 yards** from the center mark during kickoffs.

Rule 7 – Ball In and Out of Play

- The ball is out of play only when it has completely crossed the touchline or goal line.

Rule 8 – Scoring

- A goal is scored when the entire ball completely crosses the goal line between the goalposts and beneath the crossbar.

Rule 9 – Fouls and Misconduct

- Kicking, tripping, pushing, striking, or attempting any of these actions will result in an **indirect free kick** for the opposing team from the spot of the foul.
- Sliding tackles are considered dangerous play and will also result in an indirect free kick.
- The referee should explain the foul to the offending player whenever appropriate.

Rule 10 – Free Kicks

- All free kicks are **indirect**.
- Opposing players must remain at least **8 yards** from the ball until it is put into play.

Rule 11 – Penalty Kicks

- There are **no penalty kicks**.

Rule 12 – Throw-Ins

- A throw-in is awarded when the ball completely crosses the touchline.
- Possession is awarded to the team that did **not** touch the ball last.
- Opposing players must remain at least **5 yards** from the thrower until the ball is in play.

Rule 13 – Goal Kicks

- If the attacking team is the last to touch the ball before it crosses the goal line outside the goal, the defending team is awarded a goal kick.
- Goal kicks are taken from within the goal area (6-yard box).

Rule 14 – Corner Kicks

- If the defending team is the last to touch the ball before it crosses the goal line outside the goal, the attacking team is awarded an **indirect corner kick**.
- The kick is taken from the corner nearest where the ball went out of play.
- Opposing players must remain at least **3 yards** from the ball until it is in play.

Rule 15 – Goalkeeper Privileges

- The goalkeeper may use their hands to play the ball while inside the goal box.