



**Panther Valley Youth Soccer Association**  
**U-5 & U-7 Age Division Rules**



**LAW 1 - THE FIELD OF PLAY**

1. Field size may vary as allowed by PVYSA.
2. Goals: Goals for the U5/U7 games are approximately six (6) feet wide by four (4) feet tall.

**LAW 2 - THE BALL**

The ball used for the U5/U7 game shall be a regulation soccer ball, size three (3).

**LAW 3 – THE NUMBER OF PLAYERS**

1. Maximum number of players on the field at any one time for U5 is four (4) per side. ( **NO GOALKEEPER**)
2. Maximum number of players on the field at any one time for U7 is five (5) per side. (including goalkeeper)
3. Each player shall play a minimum of 50% of total playing time.
4. Substitutions: May be made at any time during a stoppage of play.

**LAW 4 – THE PLAYERS' EQUIPMENT**

1. Footwear shall be cleated soccer shoes (no toe cleat).
2. Shin guards, which protect the shin and the ankle, are MANDATORY.
3. Jerseys may be uniquely numbered for identification of players.
4. All jewelry is considered unsafe and must be removed, unless it conforms to the medical and/or religious standard established by the USSF.

**LAW 5 – THE REFEREE**

Coaches or U16 players, depending on availability, will referee the match. Coaches are expected to work together to provide a fun and positive environment for the players.

**LAW 6 – THE ASSISTANT REFEREES**

No assistant referees are used in the U5/U7 games.

**LAW 7 – THE DURATION OF THE MATCH**

1. The U5 game shall be divided into four quarters of 8 minutes each.
2. The U7 game shall be divided into four quarters of 8 minutes each.
3. There shall be a two (2) minute break between quarters and a five (5) minute break at the half.

**LAW 8 – THE START AND RESTART OF PLAY**

1. Visiting team shall take the opening kickoff.
  - a. Kick-off:
    - i. Ball is placed on the center spot.
    - ii. All players must be on their half of the field.
    - iii. All defending players must remain outside the center circle until the ball is kicked.
    - iv. The kicker cannot touch the ball again until another player has touched it.

- v. For all kickoff infringements the kick is retaken.
- vi. A goal may not be scored directly from a kickoff.
- 2. Home team shall choose which side to attack.
- 3. Home team shall take the kickoff after the half time break.
- 4. Teams will exchange sides after the half time break.
- 5. Restarts for the 2nd and 4th quarters shall be consistent with how play was stopped in the preceding quarter.

#### **LAW 9 – THE BALL IN AND OUT OF PLAY**

- 1. The ball is out of play when it has totally crossed over the goal line or touch line, whether in the air or not.
- 2. The ball is in play at all other times including when it rebounds off a goal post or coach on the field of play and remains on the field.

#### **LAW 10 – THE METHOD OF SCORING**

- 1. Scoring goals for U5 may be scored from anywhere on the field.
- 2. Scoring goals for U7 may only be scored outside the goal arch. No player other than the goalie may touch the ball within the goal arch.
- 3. For both U5 and U7 -A goal is scored whenever the ball totally crosses over the goal line between the goal posts and under the goal crossbar, provided that no infringement of the laws by an attacker has occurred prior to the ball entering the goal.

#### **LAW 11 – OFFSIDE**

There is no offside in the U5/U7 game

#### **LAW 12 – FOULS AND MISCONDUCT**

- 1. The coaches will briefly explain all infractions to the offending player.
  - a. Fouls and misconduct explained:
    - i. Deliberately Handling the Ball
    - ii. Kicking or attempting to kick an opponent
    - iii. Striking or attempting to strike an opponent
    - iv. Tripping an opponent
    - v. Holding an opponent
    - vi. Jumping at an opponent
    - vii. Charging at an opponent dangerously
    - viii. Pushing an opponent
    - ix. Dangerous play.
    - x. Impeding the progress of an opponent.
    - xi. **NO HEADING IN U5/7 ALLOWED – INDIRECT FREE KICK FOR THE OPPOSING TEAM**
- 2. Fouls and misconduct will result in the ball being turned over to the other team. Play will be restarted with an indirect free kick from the spot of the foul.
- 3. Defending players must remain three (3) yards from the ball until it is kicked.

#### **LAW 13 – FREE KICKS**

All Free Kicks are indirect. (A goal may not be scored directly from the kick.)

#### **LAW 14 – THE PENALTY KICK**

There is no penalty kick in the U5/U7 game

### ***LAW 15 – THE THROW-IN (KICK-IN)***

1. If a ball is sent over a side touch line the team that touched it last loses possession.
2. The other team takes a kick-in from the nearest point where the ball went out of bounds.
3. The player taking the kick-in must kick the ball from the spot where the ball originally went out and cannot touch the ball again until another player (from either team) has touched the ball.
4. If there is an infringement with the kick-in, a re-kick is awarded by the coaches.

### ***LAW 16 – THE GOAL KICK***

1. When the attacking team kicks the ball over the goal line and outside the goal posts, the ball is turned over to the other team for a goal kick.
2. A goal kick may be taken anywhere along the goal line.
3. All defending players must remain three (3) yards from the ball until it is kicked.
4. The kicker may not touch the ball again until it has been touched by another player.
5. A goal may not be scored directly from a goal kick.

### ***LAW 17 – THE CORNER KICK***

1. If the defending team kicks the ball over their goal line, outside of the goal posts, the attacking team receives a kick-in from the nearest corner where the ball went over the goal line.
2. The ball must be placed near the corner.
3. The kicker may not touch the ball again until it has been touched by another player.
4. Defending players must remain three (3) yards from the ball until it is kicked.

### ***ADDITIONAL PVYSA LAWS OF THE GAME***

#### ***LAW 18 – COACHES***

1. **Only the coach or assistant coach on record shall be permitted to be in the team area or on the field of play.**
2. Only one coach from each team is allowed on the field during play. Any other coaches and substitutes must remain in their team bench area at all times.
3. A maximum of 3 coaches may be in the coaches' box.
4. For U5 & U7, one coach is allowed on the field to help players during play and to officiate the match (if an older player is not available)
5. Do not interfere with play. Coaches on the playing field can be intimidating to young players.
6. Do not over coach.
7. As the season progresses, utilization of on-field coaching should lessen.
8. Opposing coaches should work together to call fouls, ball in/out of play, etc. and are expected to provide a positive and fun environment for the players.
10. If there is an issue with opposing coaches, parents or spectators, please contact PVYSA's 1st Vice President (Taylor Paton at [tpaton.pvyasa@gmail.com](mailto:tpaton.pvyasa@gmail.com)) or a PVYSA staff member on duty.
11. Absolutely no abusive, vulgar, flagrant, or threatening speech will be allowed toward an opposing coach, player, parent or spectator.
12. Coaches are responsible for the behavior of their parents and spectators.
13. Unsporting behavior will not be tolerated.

#### ***LAW 19 – PARENTS***

1. All parents and spectators shall remain behind the spectators' line during the game.

2. The spectators' line (even if not physically marked) is half the distance between fields or five (5) yards, whichever is less.
3. Parents and spectators should refrain from coaching players from the sidelines, and are not allowed to stand behind goals, goal lines, or on the coach/player side of the field.
4. Parents are not allowed on the field at any time during the game, unless summoned by the coach for an injury.
5. Unsporting conduct toward any person, player, coach, or referee will not be tolerated.
6. Negative flagrant yelling or screaming by a parent or spectator toward players, other parents, and spectators is not allowed.
7. Any violation of these rules by a parent or spectator may result in the violator being ejected from the vicinity of the field before play resumes.