

WASA U7 Division Guidelines

Team Size	Teams will have a maximum of 5 or 6 players.
Number of Players & Playing Time	<p>May play 3 or 4 players on the field. More than 4 is expressly prohibited. Coaches do not have the authority to increase this number.</p> <p>There are no goal keepers. However, a defender may be positioned to guard the goal. This defender is not considered to be a goal keeper because the player may not use his or her hands to prevent a goal.</p> <p>Each player on the team must play a minimum of 24 minutes.</p>
Match Length	<p>Four 10 minute quarters</p> <p>Breaks between the 1st & 2nd quarters and the 3rd & 4th quarters are 2 minutes.</p> <p>Half Time is 5 Minutes.</p> <p>Teams ARE required to switch ends at half-time.</p> <p>Each quarter starts with a kickoff. Teams alternate quarters for the kick-off.</p>
Substitutions	Open substitution for either team (with referee permission) anytime play is stopped for a ball that is off the field... also at quarter and half-time breaks, or for an injury.
Ball Size	Size 3
Field Size	Minimum size: 35 x 24 yards
Coaches	Coaches are NOT permitted on the field unless they are summoned by the referee.
Slide Tackling	<p>Slide tackling is not permitted. Players should stay on their feet.</p> <p>Slide tackling is penalized with an indirect free kick.</p>
Heading the Ball	<p>Heading is not permitted. Players should trap the ball and then play it with their feet.</p> <p>Heading is penalized with an indirect free kick.</p>
Goal Scoring	The kicker must be in the opponent's end of the field for a goal to be scored. If the kicker is in his/her team's end of the field, a goal kick is awarded to the other team.
Free Kicks Penalty Kicks	<p>All free kicks are Indirect Free Kicks.</p> <p>There are no penalty kicks. An indirect free kick is given at the spot of the foul.</p> <p>If that's in the goal area, the kick is given at the closest spot on the goal area line that is parallel to the goal line. Defenders are permitted to line up in the goal mouth.</p>
Off Side	Off side is not enforced.
Throw-ins (Kick-In)	<p>The ball is placed on the sideline within 1 yard of where it left the field.</p> <p>The ball is then kicked in. A goal cannot be scored from a kick-in.</p>
Goal Kicks	<p>Opponents are required to be on their own end of the field until the ball is in play.</p> <p>The ball is in play when it is kicked and clearly moves.</p>
Trophies	Participation trophies are awarded to all players.