



JUNIOR SUMMER SEVEN A SIDE - RULES OF THE GAME - 2026

1. A match is played by two teams, each consisting of not more than 7 players, one of whom is the goalkeeper. Up to a maximum of four (4) interchangeable substitutes may be used.
2. All substitutions are to take place at side of the field, near half-way line, with the consent of the Referee when the ball is out of play.
3. All players of a team must wear the same colour shirt.
4. **Studs and Blades are NOT permitted on footwear. Trainers or astro turf are appropriate.**
5. Matches will consist of two twenty (20) minute halves, with a 5min break at half time. Late starts will result in halves being **reduced** accordingly.

Offside

6. There is no offside rule
7. Game Leaders should strongly discourage children from permanently standing in blatant offside positions.

Goalkeeper

8. Goalkeepers can **play** the ball outside of the D but can only handle the ball inside the D. Goalkeepers are allowed in the field of play.
9. Outfield players may **play** the ball inside the D.
10. Ball out of play over side-line will result in a throw-in being awarded to opposing team.
11. For all free-kicks, kick-offs and kick-ins, opposing players must be a minimum of five (5) metres from the ball.
12. The goalkeeper restarts the play after a save or gathering the ball with their hands; the ball must be thrown or played from the ground with their feet within 6 seconds.
13. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 5m away from the penalty area (D) and cannot move inside the D until the ball is in play. The ball is in play once it is out of the D.
14. An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

Ball crossing the touch line

15. Throw in.
16. Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5m away from the ball until it is in play. The ball is in play once it enters the field of play.
17. A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

18. Corner kick.
19. A player from the attacking team places the ball inside the corner nearest to the point where the ball crossed the line.

20. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.
21. A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last

22. Goal kick from anywhere within the penalty area. Opponents remain at least 5 metres outside the penalty area until the ball is in play.
23. Game Leaders should not restart play until they are satisfied all opposition players are at least 5 metres outside the penalty area.
24. The ball is in play once it is kicked directly out of the penalty area.

Fouls and misconduct

25. Indirect free kicks are awarded for all acts of handball or fouls and misconduct.
26. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken.
27. An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal.
28. For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

Fouls and misconduct are:

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps at an opponent;
- charges at an opponent;
- strikes or attempts to strike an opponent;
- pushes an opponent;
- tackles an opponent from behind to gain possession of the ball;
- makes contact with the opponent before touching the ball;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player.

29. No **slide tackles** are permitted, if opposing player is playing or attempting to play the ball.
30. Cautions (Yellow Card) will result in player being sent from the field (Sin-binned) for periods ranging from two (2) minutes, to the remainder of the match, at the discretion of the Referee. Send-offs (Red Card) will also incur suspension from next game.
31. No substitution will be permitted for players that have been sent off or sin-binned.
32. All refereeing decisions will be final and binding.
33. Where team colours clash, the team mentioned first on fixture list is required to change.
34. Other than the variations mentioned in rules 1-13, all other rules governing the game of football will apply.

CONDITIONS OF ENTRY

1. A match card (provided by FUSC) will be handed to the referee prior to kick off. A team failing to be ready to kick off ten (10) minutes after the scheduled kick off time will forfeit the match 2- 0.
2. **No alcohol is to be consumed outside of the licensed area.**
3. Forrestfield United Soccer Club does not carry insurance for this competition; therefore, participation is at the player's own risk.
4. FUSC Seven A Side committee reserves the right to exclude any team from the competition for serious misconduct or breaches of the rules.