



2025 Spring League Rules Modified

7v7 (Includes Keepers) | 3rd - 8th Grades:

- 2 x 25-minute halves with a 5-minute halftime.
- Keepers cannot punt the ball.
- Throw-ins, corner-kicks, goal-kicks, and kick-offs will be used for all restarts.
- **No score** is to be kept as these are friendly games.
- **Offside** will be called when it is a **clear and obvious infraction as seen by the referee.**
- Only seven (7) players on the field at any given time. (Unless both teams agree to add an additional player to each side.)
- **SUBSTITUTIONS:** Substitutes may enter the game during any stoppage in play. (Subs enter at the center area at the half-line on the team side only. There is no limit on substitutions. Every player **MUST** play at least half of the game.)
- **SIDELINES:** Parents must be on the opposite side of the field as the teams' bench.
- Home team will wear their NAVY WUFC jersey and the away team will wear their WHITE WUFC jerseys. (There are some LOSC teams so dark for home and lite for away.)
- **No jewelry is permitted, even if taped.** Medical alert bracelets/necklaces are allowed, if taped.
- **Shin guards, covered by socks, are mandatory in all games.** Players who are not wearing shin guards will not be allowed to participate.
- **No direct free kicks.** All set pieces are **indirect**. An indirect free kick means that someone else must touch the ball before it can be taken as a shot on goal. (**YES** this means there will be **NO** penalty kicks.)
 - **Any infraction inside the penalty box will result in an indirect free kick to be placed at the top of the penalty box parallel to where the infraction occurred.**
- **No heading for 3rd and 4th grade teams.**
- Any other rules not covered here will be enforced based on FIFA rules/laws of the game.
- **No slide tackling.** Sliding is allowed if an opponent isn't being engaged, and it's done safely. Restart is an IDFK. (See above rule.)