

U15 thru U19 ENSA
7 v 7 Small-Sided Playing Rules

Number of Players	7 v 7	Maximum 6 field players + 1 GK 5 players must be present to start a game
Roster Size	14	Maximum
Field Dimensions	Rectangular:	Between 45-60 yards by 35-40 yards recommended
Markings	Penalty area of 36 yards (width) by 14 yards (length). Penalty spot shall be 10 yards from the goal line. Center circle and penalty spot shall have a radius of 8 yards.	
Goals	Conform to FIFA.	
Restarts	Conform to FIFA.	
Ball	Size 5	
Duration of play	all age groups U15/U16 U17/U18/U19	5 minute half time Two 35 minute halves Two 35 minute halves
Offsides	DOES <u>NOT</u> APPLY	
Substitution	Conform to FIFA.	
Special Rules	<p>The GK may not kick or throw the ball over midfield after gaining control of the ball with his arms or hands while attempting to put the ball back into play.</p> <p>The penalty for kicking or throwing the ball over the midfield line will be an indirect free kick from the midfield center spot.</p> <p>The GK may kick the ball over midfield at any other time, as any other field player is allowed to do.</p> <p>Please note that the GK may kick or throw the ball and it bounce over midfield without touching someone. This is the same as the indoor rule on this situation.</p>	