

## **MESC Soccer Sevens COMPETITION RULES**

All MESC Soccer Sevens should be played with respect to the rules of competition and fair play.

The following policies are in place in accordance with Child Safe requirements:

- o Anti bullying
- o Code of Conduct: Inclusive environment
- o Drug and Alcohol
- o Complaints Management

Child Safety Aim: Safe, happy and engaged children - enjoying the game of football, win lose or draw.

### **Player eligibility Age Groups are as follows:**

AGE GROUP YEAR (minimum 4 teams per age group)

(In the case of insufficient numbers, Age groups and playing levels may have to be combined to even out groups.)

#### **UNDER 7**

Must turn 7 years or lower within the year of competition

#### **UNDER 8**

Must turn 8 years or lower within the year of competition

#### **UNDER 9**

Must turn 9 years or lower within the year of competition

#### **UNDER 10**

Must turn 10 years or lower within the year of competition

#### **UNDER 11**

Must turn 11 years or lower within the year of competition

#### **UNDER 12**

Must turn 12 years or lower within the year of competition

#### **UNDER 14**

Must turn 14 years or lower within the year of competition

#### **UNDER 16**

Must turn 16 years or lower within the year of competition

### **Girls**

#### **UNDER 8/9**

Must turn 8 or 9 years or lower within the year of competition

#### **UNDER 10/11**

Must turn 10 or 11 years or lower within the year of competition

Under 12/13

Must turn 12 or 13 years or lower within the year of competition

Under 14/15

Must turn 14 or 15 years or lower within the year of competition

- All teams must be registered by a team manager/leader, on the MESC registration page website.
- All players must be listed on the team sheet and submitted to the admin before your first game.

Dispensations for playing out of your age group, may be requested. MESC admin must be notified of any dispensations in a team. The following dispensations are allowed:

- First year players are eligible to play in an age group one (1) year below their age
- Girls are permitted to play in boys' competition that is one (1) year below their age.
- Each team may request a maximum of two (2) dispensations per team

#### **The player's equipment**

- Players are recommended to wear Football boots for better traction on grass surfaces. Runners may be worn
- All players must wear shin guards to take the field
- No jewellery or any item which may be a danger to a participant or other participant may be worn on the field of play. Taping jewellery is not acceptable.

#### **AGE GROUP BALL SIZE**

Under 7/8/9: Size 3

Under 10/11/12/13: size 4

Under 14/15/16: size 5

Girls

Under 8/9: size 3

Under 10 to 15: size 4 (15 girls playing with 14 girls)

#### **Fixture requirements & details Fixtures**

- All fixtures will be set at the commencement of the program. Due to possible cancelation of games MESC will notify teams of any changes.

#### **Duration of The Game**

- 2 x 20-minute halves with 5 min half time break
- MESC may change the duration of both halves and/or half time to ensure the match is finished by the scheduled time
- If a match is delayed due to a team not being ready to commence the match, the late team will be penalised one (1) goals for every five (5) minutes the start of the match is

delayed

- No additional time will be added on for late starts. All matches must start and finish at the scheduled time
- If the match is delayed by 15 minutes, the match will be deemed a forfeit with the compliant team awarded a 3-0 win

### **The Goalkeeper**

- The goalkeeper can handle the ball anywhere in the penalty area
- To restart the play after a save or gathering the ball with their hands, the goalkeeper is not allowed to kick or drop kick the ball directly from their hands
- The ball must be thrown or rolled from the hands, or played from the ground with their feet, within six (6) seconds
- The ball must not be bouncing when the keeper attempts to play the ball from the ground with their feet
- To restart the play after the opposing team has kicked the ball out over the goal line, the ball must be played from the ground within the penalty area (see Pitch Layout for goal line and penalty area)
- Goalkeepers may not pick the ball up if it has been passed to them by foot from a teammate
- 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.

### **Match points /results**

- Match points will be awarded as follows: WIN: 3 Points, DRAW: 1 Point, LOSS: Nil (0) Points

### **MATCH PLAY The match official**

- Law 5 of the FIFA Laws of the Game applies
- Team Managers or Captains are the only people who can communicate with the Match Official immediately before, during and after the game
- At no time should any person enter the field of play unless instructed by the Match Official
- All decisions by the referee are final

### **Offside**

- There is no offside in MESC Soccer Sevens.
- Game Leaders should strongly discourage children from permanently standing in blatant offside positions. Match officials are requested to make team leaders aware if there is an obvious attempt to gain an unfair advantage.

### **Start of play and restart after goal**

- Kick-off will be from the middle of the halfway line
- All players must be in their own half of the field of play
- Opponents must be at least 5m away from the ball until it is in play
- The ball is in play once it moves
- A goal may be scored directly from a kick-off

### **Ball crossing the touch line Facilities with Line-Markings**

- **A kick-in** is awarded to the opponents of the player who last touches the ball when the whole of the ball crosses the touch line, either on the ground or in the air
- The ball is in play when it enters the pitch

- A goal may not be scored directly from a kick-in
- The player taking the kick-in 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

**Corners: Ball crossing the goal line after Touching the Defending Team Last:**

- A corner kick is awarded to the attacking teams when the whole of the ball crosses the goal line, either on the ground or in the air
- Opponents must be at least 5m away from the ball until it is in play
- The ball is in play when it is kicked and moves
- A goal may be scored directly from a corner kick

**Goal Kick Ball crossing the goal line after Touching the Attacking Team Last:**

- The ball can be placed on the ground from anywhere within the penalty area
- A goal may not be scored directly from a goal kick
- Game Leaders should not restart play until they are satisfied all opposition players are at least 5 metres outside the penalty area.
- The ball is in play once it is kicked directly out of the penalty area

**Fouls and misconduct**

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).

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. Penalties
- All penalties are taken from the penalty spot

#### **Slide tackling**

- No slide tackles are permitted

#### **Pitch & equipment The field of play**

- Pitch size: 60m long x 40m wide
- Under 7 and 8 may also be played on 40m long x 30m wide
- Penalty area: 10m deep x 20m wide (should be marked with flat disc if not line marked)
- Interchange players should position in the area marked
- All spectators must remain a safe distance from the field of play as directed by the Referee or Venue staff (Please obey COVID Restrictions)

#### **Goal Sizes**

- The following are the minimum, best practise and maximum goal sizes:
- Maximum: 5m wide x 2m high • Best practise: 5m wide x 2m high • Minimum: 3m wide x 2m high • To comply with Australian Safety Standards, portable goals must be anchored securely to the ground.
- The use of sandbags or pegs is recommended when using portable goals