

Heartland 7v7 Game Rules

Format

Field Size

- The field should be approximately 70 yds x 55 yds. (See 7v7 Field Diagram) for youth, high school will use a full field.
- 8 m arc should be painted or a portable arc should be used if possible. In cases where a neither option is available, flat cones can be used to mark the 8 m arc.
- 2v3v2 format with 1 goalie.
- 20-minute halves, 5-minute halftime. Officials and Tables will keep game time. It will be your team's responsibility to be ready for the start of your game.
- Timeouts/Stop Time: Each team is permitted one 2-minute timeout per half except during the last two minutes of the half. The clock will stop during a timeout.
- Draws will be used at the start of each half and after a score.
- For high school, the 35 yd line marks the restraining line. For youth, the half-line marks the restraining line.
- Offsides – 2 players + goalie must remain on the defensive side, dictated by the restraining line.
- During draws, attack and defenders will be on or behind the restraining line for high school or the goal line extended for youth until the official declares "Possession". One set of midfielders will be on each side and each midfielder must place 1 foot on the sideline at the start of the draw. Once the whistle is blown by the official at the start of the draw, the middies may leave the sideline and attempt to gain possession of the ball.
- For Division 1/Division II teams - Three pass rule is in effect. No player may shoot until her team has attempted or completed three passes (Minor Foul) on the offensive side of the field. Successful catch is not required to count, the attempt is what counts. If a team loses ball to the opposing team (opposing team gains control of ball), pass count automatically resets to 0. Officials (not coaches) are responsible for audibly counting pass completions/attempts. Officials should avoid saying, "you may shoot" / "go to goal." They should say, "you have 3 passes."
- On the draw, the first pass does not have to be on the offensive side of the field.
- Substitutions are made on the fly at the substitution area. Players must substitute simultaneously to avoid a substitution penalty
- If a team receives 4 yellow in the same game, they then play man down the remainder of the game and for each subsequent card is an additional man down.

Penalties

- Penalties will result in a player substitution. Once the whistle sounds, the game resumes and may result in a man-up situation based on how fast the penalized player subs. Penalized players must sub for a new player.
- Excessive checks, take-out checks, or unsportsmanlike conduct is not acceptable and may result in ejection from the game.
- Officials have the authority to remove any player, coach, or parent from the field due to unsportsmanlike conduct.

All 7v7 games are considered "**developmental**":

- At the youth level, this means that equal playtime is expected and more important than winning the game. While competitiveness is encouraged, it should never take precedence over player development.

- At the high school level, clubs with both a varsity and 7v7 team should not play their starting varsity players in a 7v7 game unless agreed to by the head coach of both teams prior to game time. 7v7 is considered JV and, just as at the youth level, individual player development, particularly of newer or less experienced players, should take precedence over winning.