



EHT Micro U7

Revised 2/2025

Purpose

Fluid and flexible approach to training and playing in a more structured environment. Everyone should participate. Have fun with the kids - cheer for the whole team, not just your child. Show good sportsman-like behavior.

Game Standards

- Modified 7v7 field, smaller than U8/10
- Corner Flags not needed
- Parents MUST sit on the opposite side of the field at least 2' off the sideline (NO ONE sits on the goal line sides.)

Equipment

- Ball size #3
- Each player MUST wear shin pads and cleats, Goalies wear pinnie and gloves, if want.
- Nets - SANDBAGS MUST be used on the base of the nets to prevent from them tipping over. NO CLIMBING OR HANGING on the nets.
- Whistles to stop or start play

Standards of Play

- 7v7 GOALIE (6 field players, 1 goalkeeper) - if teams show up with less than 7 players, adjust field players to theirs, Children should play in various positions.
- Practice 5-15 minutes prior to the start of the game
- 2 halves - 25 minutes with 5 minutes half time

- **Teams will Switch sides after halftime**
- Substitutions
 - Must be made at midfield when the coach/referee acknowledges a substitute, during a throw-in. Whistle to be blown to let kids know to switch, after substitution whistle will be blown to resume play.
 - After goal is scored, allow substitutes to move on/off the field while kids are resetting
 - Injuries - exception (coaches may come on the field to assist player off the field)

Game Play Regulations

- **Heading is NOT Allowed**
- REFEREES - 1 coach from each team
 - Only ONE coach from each team is allowed on the field. Coaches must stay out of the goal box.
- Game starts with one team forward pass at midfield. Use coin toss to determine which team starts with the ball
- Throw-ins
 - Coaches use your discretion if the ball is coming back into the field of play
- CORNER KICKS: If the defense kicks the ball out of bounds behind their OWN goal the offense gets the ball on the corner and kicks it in
- GOAL KICKS: If the offense kicks the ball and misses the goal past the goal line, the defense places the ball anywhere along the line of penalty area, opposing team MUST provide 10 yds from the ball
- GOALKEEPER SAVES - NO punting, roll the ball to a teammate following a save
- If the ball hits them by accident, allow the play to continue
- Ball MUST completely cross the goal line into the goal to count as a goal
 - Ball returns to midfield just like start of the game
- Fouls and Misconduct follow US Soccer Rules
 - All free kicks are indirect
 - If someone, pushes shoves or side, tackles, any player, stop play and let the other team kick the ball
 - Offending team must take six big steps away or more
 - If someone touches or picks up the ball with their hands, the other team gets the ball at the spot where it was touched with the hands
- MERCY RULE: Benefits all players! If there is a 5 goal difference, the team with a lower score will add a player to the field of play. Until the team with a lower score scores and less than 5 goal differential, do we resume normal player counts.
- At the end of the game, have kids line up on the sideline to give high-fives and a good

game chant.

Make-up Games

- Games to be rescheduled due to weather will be made up on Saturdays or Sundays, as agreed upon both coaches and micro coordinator
- No games to be rescheduled during the week.
- Micro Coordinator to notify teams on field status, if games are to be rescheduled.