



Georgia Amateur Women's Soccer Association

"A Game for Life"

7v7 Rules

Revised 2026

DIVISIONS

- There are two divisions of play: Recreation and Competitive.

LAWS OF THE GAME

All matches will be played in accordance with current FIFA "Laws of the Game" except where noted below.

REFEREE:

- One (1) referee per game will be used

DURATION OF GAMES

- Games will be two (2) 35-minute halves in length with a 5-minute halftime, with no other stoppage time, including injuries and hydration breaks.

HYDRATION/COOLING BREAKS

- When the temperature is 79° or higher, a mandatory 2-minute hydration/cooling break will be imposed.
- When the temperature is 79° or lower, a 2-minute hydration/cooling break will be granted provided both team captains agree before the game and the referee is informed before the start of the game
- The hydration/cooling break will be scheduled between the 16th and 18th minute of play.
- There will be no stoppage of time for the breaks.

FIELD AND GAME EQUIPMENT

- FIELD SIZE: Length: Between 50 and 70-yards Width: Between 35 and 50-yards
- GOAL SIZE: Width: Between 18 and 21-feet Height: Between 6 and 7-feet
- BALL: Size 5 The Home team will be responsible for providing a size 5 ball.
- UNIFORMS: Players must wear numbers on the back of their uniforms. Where uniform colors are similar, the home team will change colors. The home team is listed first on the schedule
- SHINGUARDS: Players are required to wear shinguards in accordance with FIFA Laws of the Game.
- METAL CLEATS are not allowed.

THE PLAYERS

- Teams must have a minimum roster of 10 players registered per team
- Maximum number of players on the field is 7 players (per team including goalkeeper).
- The minimum number of players is 5 players. Any team who does not have 5 players at game time, or who finishes the match with fewer than 5 players will be deemed to have forfeited.
- All teams may borrow a player from another team, so long as that player is duly registered with GAWSA for the season of play, is registered with Georgia Soccer, and is registered on a team in the same division, competitive or recreation. No cross-division borrowing.
- Any player may play on more than one team as long as it does not conflict with her primary team schedule
- Each player is allowed a 3-goal limit within a game.
 - After three goals, any goals scored thereafter will not count towards the total score, and will result in a goal kick for the defending (non-scoring) team.

GOALKEEPER POSSESSION AND DISTRIBUTION

- No keeper contact: Once the goalkeeper has possession of the soccer ball in his or her hands.
- The goalkeeper may not punt the ball and the ball must be released within six seconds of possessing it. Goalkeeper may throw or drop kick the ball (ball must hit ground before kicking, at which time it is a live ball). NOTE: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers
- Passes back to the goalkeeper are allowed. The goalkeeper may pick up the ball if it is passed to her by her own player.
- There is no prohibition against the goalkeeper kicking the ball past the center line and/or throwing the ball past the center line.



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SUBSTITUTIONS

- Substitutions may be done on an unlimited basis during any stoppage in play.
- Players coming off the field must be within 3 yards of the touchline before their replacement can enter the field.

FOULS AND MISCONDUCT

- No off-sides
- No Slide tackling.
- All fouls will result in an indirect free kick; there are no direct penalty kicks. All free kicks, with the exception of kickoffs and penalty kicks, may be taken in any direction. Free kicks are taken from the spot of the foul.
- While all fouls will result in an indirect kick, reckless or dangerous play may result in ejection of the offending player, at the referee's discretion.
- Players opposing the kicker during a free kick shall be at least 5 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. If the free kick is awarded to the defending team in its penalty area, players opposing the kicker shall be outside the penalty area and at least 5 yards from the ball and must remain there until the ball clears the penalty area.
- Any indirect free kick awarded to the attacking team within its opponents' penalty area shall be taken from the part of the penalty area line which runs parallel to the goal line at the point to where the offense was committed.

Ball In and Out of Play

- Ball over the sideline results in a throw in.
- Ball over the end line results in a goal kick or a corner kick.
- The ball must be completely over the line to be considered out of play.

REGISTERED PLAYERS

- Only players who have registered with Georgia Soccer AND with GAWSA for the relevant 7 v 7 season of play are eligible to play in GAWSA 7 v 7 matches. Any captain that allows a player who is not eligible to play to participate in a GAWSA sponsored match is subject to the penalties set forth in the GAWSA policies and procedures.
- If a captain of an opposing team believes that an unregistered player is participating, the captain may request that the referee verify each player's eligibility by confirming the player's registration for the playing season on the GAWSA website's team roster. Each captain should maintain a copy of their current roster, but the captain may produce their current roster in electronic format by accessing the GAWSA website. In the event that any player on the GAWSA website does not have a picture uploaded to the registration/team roster, that player may be required by the referee to produce a driver's license or other form of picture identification.
- Each player must be able to show a GAWSA/GASA player pass upon request
- Players may only guest play on a team in which her primary team is registered, recreation or competitive.

GENERAL

- All participants, (players and team staff), guests and spectators are expected to follow all GAWSA and venue Covid-19 and Pandemic Protocols.
- All participants (players and team staff), guests and spectators are expected to conduct themselves in a manner that is within the spirit and the letter of the Law during the competitions.
- Reported misconduct of participants, (players and team staff) against referees during or after a match will be subject to GAWSA Policy and Procedures under Referee Abuse
- Team officials, including but not limited to captains, co-captains, managers, coaches shall be responsible and held accountable for the conduct of their players and spectators.
- All participants (players and team staff), guests and spectators are expected to follow venue and local ordinances, park policy and rules while on the premises.
- The 7v7 season director (GAWSA league president) reserves the right to add, combine or cross schedule divisions based on the number of team entrants