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BUILD OUT LINE INFORMATION FOR 7V7 PLAY

As part of US Soccer's Player Development Initiatives (PDI), all 7v7 matches -- 9U-10U in Travel and Grades 3-4 in Rec -- will include build out lines, which promotes playing the ball out of the back in a less pressured setting.

A build out line on each half of the field should be equidistant between the top of the penalty area and the midfield line (refer to field diagram on page 4). It may be designated as a painted (solid or dashed line) on the field, or by use of a cone or other marker near the touchline but off the field of play. Coaches may be asked to use cones to designate these build out lines for their matches in the event their field of play is lacking a painted line.

Build out lines affect several changes within the Laws of the Game, most notably Offside, the Goal Kick, and the Goalkeeper's possession with their hands within the run of play.

OFFSIDE:

An offside offense can only occur in each attacking team's final third of the field (between the build out line and the goal line in the team's attacking half of the field). In other words, the build out line serves the same purpose as the midfield line in larger sided formats. It is similar to the blue line in hockey.

Players may not be offside between the midfield line and the build out line.

GOAL KICK:

When a team is awarded a goal kick, the defending team must retreat past the build out line in a timely fashion. Once the ball is put into play, the defending team may pressure the ball.

The attacking team may choose to restart play before the defending team retreats to the build out line; when this occurs, the defending team may pressure the ball.

GOALKEEPER POSSESSION WITH HANDS:

The same process that occurs with goal kicks (defending team retreats past the build out line) must also occur when the goalkeeper has possession of the ball in their hands. Once this occurs, the goalkeeper



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may distribute the ball by roll, throw, or kick. The defending team may pressure the ball once it's put back into play.

The goalkeeper is prohibited from punting or drop-kicking the ball. Violations result in an indirect free kick awarded to the opposing team from the spot of the infraction; if this occurs in the goal area, the restart should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

The goalkeeper may choose to distribute the ball before the defending team retreats to the build out line; when this occurs, the defending team may pressure immediately.

The build out line provisions do not apply to other restarts between the build out line and the goal line (e.g. throw ins, free kicks, etc.).

Advice to Loudoun Soccer Coaches:

The purpose of the build out line is to better help players and teams develop in their technical skill and tactical understanding of the game. In addition to teaching the techniques (passing, receiving, etc.) and decisions (movement, vision, etc.) associated with building out of the back, coaches must also be mindful of actions that undermine or exploit this rule, most notably players who fail to retreat past the build out line in timely fashion. Coaches are expected to address players who fail to do this, especially those who intentionally delay the restart of play. Coaches who teach or encourage this tactic may face discipline from Loudoun Soccer for unsporting behavior.

Referee Actions:

Prior to the start of each match, referees should ensure build out lines are properly designated. They may ask coaches to use their cones to mark the build out line near each touch line.

During the course of the match, referees may need to instruct defending players to retreat past the build out line at specific moments of play. Players who violate this rule (e.g. failing to retreat past the build out line, encroaching before the play is restarted, etc.) should be warned verbally about their actions. Players who violate this rule egregiously (e.g. multiple offenses, slowly retreating late in the match when their team is in the lead, etc.) may be cautioned for Delaying the Restart of Play, and/or Persistent Infringement if violations occur repeatedly by the team.



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Given the age of the players involved, referees are **strongly encouraged** to verbally warn or instruct players first before booking them. Referees should also enlist the help of the team's coach to direct players accordingly.

Loudoun Soccer Rec Games: coaches who are unresponsive to this instruction, or who are exploiting the build out line rules in the pursuit of a result should be reported to Loudoun Soccer in the referee's post-match report.

For both Travel and Rec matches, the six-second handling rule by a goal keeper (the goal keeper must release the ball within six seconds of collecting it with their hands) should be leniently enforced at this level, so to allow the defending team time to retreat past the build out line in a timely fashion. Referees may choose to begin the six second count once the all defending players have retreated past the build out line.

Additional Information:

[Explaining The 7v7 Build Out Line: Part I](#) (from Eastern Pennsylvania Youth Soccer Association)

[The 7v7 Build Out Line Part II: Coaching with the Build Out Line](#) (from EPYSA)

[Build Out Line 7v7 Tactics](#) (from Minnesota Youth Soccer Association)



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