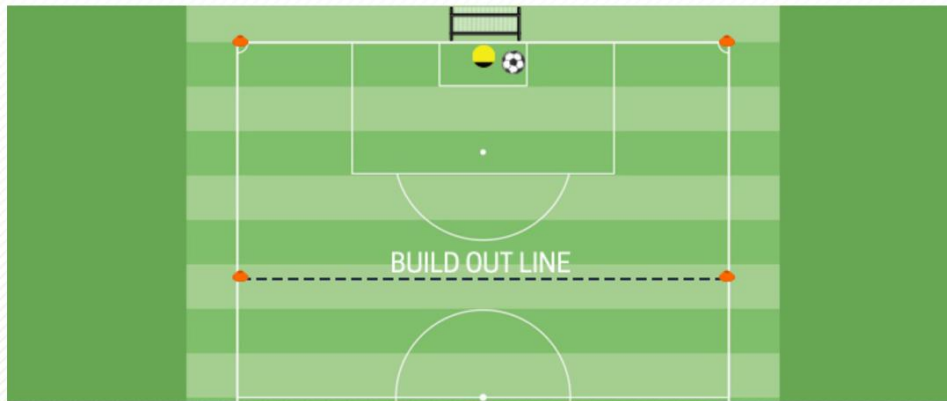
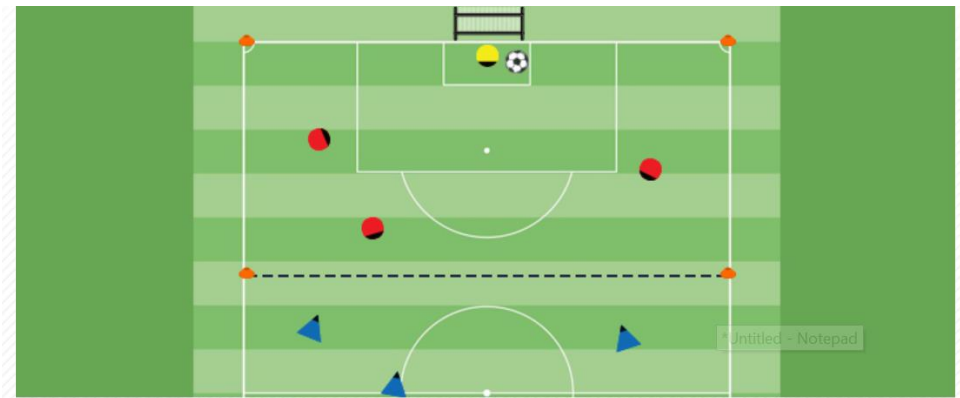


THE BUILD OUT LINE



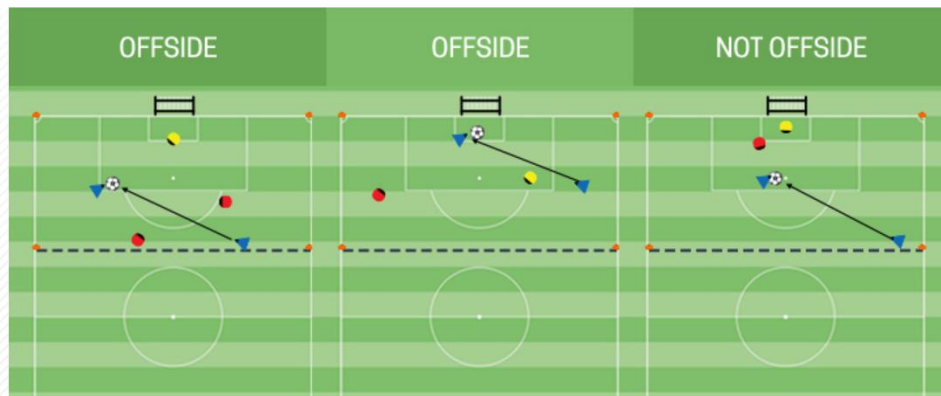
THE BUILD OUT LINE

One important standard of play to be aware of for 7v7 is the build out line. The build out line promotes playing the ball out of the back in a less pressured setting. This standard of play is unique to 7v7, and players and coaches will need to practice to gain experience using it.



PUTTING THE BALL INTO PLAY

For goal kicks, as well as when the goalkeeper has the ball in his or her hands, the opposing team must move behind the build out line until the ball is put into play.



OFFSIDE

The build out line will also be used to denote where offside offenses can be called. A player can be called offside if the ball is played to them when they are between the build out line and the goal line with less than two defensive players between them and the goal line. Defensive players include the goalkeeper.



NOT OFFSIDE OUTSIDE BUILD OUT LINE

Note that if the ball is played to an attacking player when they are **outside** the build out line with less than two defensive players between them and the goal line, the player is **not** offside.

Do note: our build out line doubles as our flag football "no-run-zone line," so it is only 5 yards outside of the halfway line instead of midway between the penalty area and halfway line.