

HARROW SOCCER COMBINATION



Under 7 Football Format Guidance 2026-2027

Introduction

As we head into the new 2026-2027 season, and the revised FA-mandated format for Under 7 football, leagues across the county, including HSC, have been reflecting on how the changes should be implemented.

- How this will affect the programme of matches set by the league for this age group; and
- How member clubs will apply the new format.

Background

This is a new concept for many clubs, players, coaches, parents and leagues, and it will take time for everyone to adapt.

HSC is committed to embracing the changes and working alongside all stakeholders. We will take stock at the mid-season break in December 2026 to consider whether anything needs to be flexed within the FA-mandated parameters, and again at the end of the season in April 2027.

Team affiliation

Each team must be affiliated with the County FA. Under HSC rules, teams must be named Red, White, Blue, Green, Yellow, Orange, and so on, in that order.

Player registrations

Under 7 football is for players who are aged six on 31 August before the start of the season (1 September 2019 to 31 August 2020).

All players must be registered to their team on both the HSC and FA systems to be eligible to play.

Game set-up

Pitch size: 22 x 16 yards; Goal size: 4 x 2.5 feet; Ball size: 3.

There are:

- No substitutions
- No goalkeepers
- No heading
- No offside
- No power play
- No referees (players self-officiate)

The team coach acts as a facilitator.

Match duration

Each match lasts 10 minutes, with no halftime.

The expectation is that each team plays at least three matches, and possibly four if both clubs agree. Interval between matches – say no more than 5 minutes.

So, what is a ‘team’?

During this initial period of 3v3 football, the expectation is that each team will have at least six registered players.

This allows each team to play two matches at the same time.

Players could then be swapped between matches for match two, match three and, if played, match four.

This gives each player a total of 30 to 40 minutes of play on a Sunday.

Fixtures

HSC will set fixtures between two clubs/teams. Phase 1 fixtures will run from 27 September to 13 December 2026.

Example fixture

Harrow Rovers U/7 Red v Pinner Youth U/7 Red

Example match format

Each team has six or more registered players, labelled A, B, C, D, E and F.

Round	Match 1	Match 2
Round A	Harrow Rovers Red A/B/C v Pinner Youth Red A/B/C	Harrow Rovers Red D/E/F v Pinner Youth Red D/E/F
Round B	Players may stay in the same groups or rotate into any combination.	Players may stay in the same groups or rotate into any combination.
Round C	As above.	As above.
Round D, if played	As above.	As above.

Match-day questions

What if we only have five players on the day? In that case, the match become 3v2.

What if we have seven players on the day? Player rotation will be required across the three or four matches to ensure that all players can play. No match can be greater than 3v3.

Can we play any unregistered players? No.

Can we bring in a player from the White team to play in the Red team to make up the numbers? No. Players are registered to one team only.

Match results

Under 7 match results should **not** be submitted through the HSC system.