

U8 Rules

The Ball

A size #3 ball should be used. Game ball supplied by home team.

The Players

On game day coach should be ready with the overall team split according to ability into two squads, A and B, with A having the more skilled players. The head coaches of opposing teams should agree on which field the A and B squads will play. The purpose of this arrangement is to avoid having large mismatches in an age group renown for having a very wide range of player skill level.

Equipment

Team shirt will be provided by the club and should be worn on game day. Goalies should wear a different color shirt than the rest of the team. Shin-guards are required. No players are allowed to play games or practice without shin-guards. Shoes to be worn are soft shoes (tennis/gym) or soft-cleated soccer shoes. (No toe cleat) . Players cannot wear any type of jewelry (including earrings, hard plastic or metal hair restraining items, rings, bracelets, etc.)

Format

Games on both A and B sides are 6v6- including goalie. Use diamond formation for positional play. (1 goalie, 1 defense, 2 midfielders, 1 forward). Rotate players in positions every quarter. If possible, no child should play same position more than one quarter per game. Every child must play at least two quarters per game. Plan ahead using rotational roster plan before every game. Coaches are to remain in the coaching box unless invited onto the field by the referee.

Substitute

Ideally, you should only sub during quarter changes. Otherwise, line subs up at midfield line and ask the referee allow substitution. Except in the case of injury, coaches may only sub at change of possession opportunities during a quarter. These include: goal kicks, kick-offs or throw ins (only if your team is throwing in)

Throw-in

At the moment of delivering the ball the player must be facing the field of play with both feet touching the ground on or behind the touchline. Must deliver the ball from behind and over the head using both hands equally. The player delivering the throw-in cannot play the ball again until another player has touched the ball.

Offsides rule does not apply.

Duration of game

The game will consist of 4 quarters, 10 minutes each in duration. 2 minutes between quarters, 5 minute halftime. Referees have a duty to keep game schedules on time and may shorten games if they are running late.

Kickoff

Place kick from center of field. Opponents 5 yards away (outside center circle). Each team must be on their side of the field at moment of the kick. Ball must move forward onto opponent side of the field. Kicker cannot play the ball again until another player has touched it.

Restarts

A ball over the touchline (sideline) shall result in a throw in for the opponent of the team that last touched the ball. A ball over the goal line last touched by an offensive player shall result in a goal kick for the defense with the ball placed on the edge of the goal box. A ball over the goal line last touched by the defense shall result in a corner kick. GOAL KICK: ball placed anywhere inside the goal box with all opposing players outside the penalty area. The ball is not in play until it goes out of penalty area. CORNER KICK: ball placed inside corner arc nearest to where ball went out. Opponents must remain 5 yards away from kicker. Kicker cannot play the ball until another player touches the ball for either goal or corner kick.

Handball

Hands in unnatural position and intent to deflect the ball. Officials are instructed not to call unintentional handballs and handballs as self-defense. Handballs result in direct kicks (inside penalty box, penalty kick)

Fouls and misconduct.

Indirect Free Kick

A kick from which a goal cannot be scored unless the ball has been touched by another player (either team) after the free kick occurs. An indirect kick results from the following infractions:

A. Dangerous play - (1) raising the foot, in an attempt to play the ball, above the chest or higher; (2) using double kick (scissors, bicycle, etc.) within playing distance of opponent; (3) lowering the head to level of waist or lower when attempting to head the ball in presence of oncoming player; (4) attempting to play the ball while on the ground within playing distance of any other player.

- B. Attempt to slide tackle from behind with no contact.
- C. Charging while not within playing distance of the ball.
- D. Obstruction- Impeding opponents movement when not playing the ball.
- E. Charging a goalkeeper while goalkeeper is in possession of the ball or if goalie is within goal area (whether or not in possession of the ball)
- F. Excessive delay when clearing the ball by goalkeeper.
- G. Careless, reckless or disproportionately forceful: (1) kicks or attempts to kick an opponent; (2) kicks or attempt to kick the ball in the possession of the goalie; (3) trip or attempt to trip opponent; (4) jump or charge at opponent; (5) strike or attempt to strike opponent (or goal striking opponent with ball or pushing while holding ball); (6) pushing an opponent.
- H. (1) Tackling an opponent making contact with the opponent before contact is made with the ball; (2) Tackling from behind; (3) holding opponent; (4) spitting at opponent; (5) handling the ball (except for goalie).

Yellow Card - caution

Can be given if (1) player enters or leaves the field without permission (2) a player persistently fouls (3) dissent is shown by words or action with a decision of the referee (4) unsporting behavior (i.e. preventing throw-in, interfering with clearing goalkeeper, bad language or gestures) (5) failing to respect the required distance on a restart. * Coaches can be cautioned for entering field of play without the referee's permission.

Red Card - ejection

A player will be ejected from the game for violent conduct or multiple cautions. Violent conduct includes: punching another person, spitting on another person, verbally threatening another person.

CAUTION AND EJECTION RULES APPLY TO COACHES TOO

Coach conduct

Coach box – stay inside your marked off box. Coaches are not permitted on field unless invited by the official during the game. You, your assistant coach and a team mom are the only persons allowed on your side of the field. All parents are to be on the opposite side of the field. No one is allowed by the goal areas. We expect the coaches to keep their parents under control.