



## Rules and Info U7 / U8

**Ball Size:** 3

**Players:** 8 (sometimes 9) per team- 4v4 on field. No goalkeepers. Each child on a team will receive an equal amount of playing time during each game. A player should not play the entire game unless there are only 4 players present.

**Fouls:** Coaches will officiate all games. Coaches are strongly encouraged to call all fouls committed by their own team. All fouls result in an indirect free kick with the opponent at least five yards away. All free kicks are indirect (meaning another player must touch the ball after it is kicked before a goal can be scored). If a player is consistently fouling or being dangerous, the coach needs to remove the player from the game and explain why their behavior is not acceptable.

**Duration of Games:** Games consist for four 10-minute quarters with two-minute breaks between quarters and a five-minute break at half time. Clock runs continuously during each quarter without stopping. Designate a parent to be the timekeeper. They can let you know the 5-minute mark for substitutions each quarter as well.

**Substitutions:** Substitutions can be made on any dead ball, but it is highly recommended that subs be made at the 5-minute mark of each quarter. If all 8 team members attend, simply switch squads. If you have nine kids, assign a kid to be a "rover" each game, meaning that child plays from the 2-minute until the 8-minute mark of each quarter. Make sure they are subbing for a different kid each time they enter the game.

**Throw-ins:** The ball is placed on the sideline nearest the point where it went out of bounds. The opposing team should be at least five yards away from the thrower. Encourage throwers to keep both feet on the ground and use two hands to bring the ball directly over their head. Give each player opportunities to use the proper technique when throwing in. If improper technique is used, please stop the game and re-throw. The importance is on learning the technique. The ball cannot be thrown directly into the goal for a score.

**Goal Kicks:** A goal kick is awarded when the ball is last touched by an offensive player and goes over the end line by the goal. The kick is taken from the corner of the goal box and the opposing team must be on the other side of the centerline when the kick is taken.

**Corner Kicks:** A corner kick is awarded when the defending team last touches the ball before it goes out of bounds over the goal line. The ball is placed in the closest corner and opposing players should be at least five yards away when the corner kick is taken.

**Kick-offs:** Will be taken from the center circle at the start of the game and after a goal is scored. The opposing team should be at least ten yards away from the centerline or outside of the circle.