



Under 8 Rules and Guidelines

The U8 Outdoor program is a developmental and NOT a competitive program. Therefore, no game scores or standings will be maintained during the season. The idea of the program is to afford the players the opportunity to actively participate, learn and have FUN. All coaches, managers and parents are asked to conduct themselves in a manner that supports the spirit and purpose of the game.

The game played will be micro-soccer, i.e. 4v4 (including the sweeper-goalkeeper).

Team Management

- a) Coaches are responsible for the conduct of their team's players and spectators.
- b) The game will be stopped approximately every 3 minutes to allow for substitutions. It is strongly recommended that complete line changes are done if there are enough players, and that players are rotated through the sweeper-goalkeeper position.
- c) Unfortunately, it is unavoidable that at times there will be a mismatch between two teams in terms of the athleticism and skill of the players. In such a situation, the coach of the dominant team is requested to make such changes so as to dilute this dominance as is reasonably possible. Examples of such changes are...
 - Playing the better players more in goal for that game
 - Asking the players to play only with their weak foot
 - Asking the players to make 3 or more passes before scoring.

Please make these changes in the spirit of fun and good sportsmanship.

Rules of Play

a) **Field of Play**

The field of play is 30 yards by 25 yards.

The Goal Area:

Two lines are drawn at right angles to the goal lines, 6 yards from the inside of the of each goalpost. These lines extend into the field of play for a distance of 6 yards and are joined by a line drawn parallel with the goal line. Only the sweeper-goalkeeper may use the hands inside this area.

b) **The Ball**

The ball shall be size 3.

The ball must be supplied by the home team.

c) **The Number of Players**

The game will be played by two teams, each consisting of four players, one of whom is the sweeper-goalkeeper. The game shall not start if either team has less than four players.

d) **The Player's Equipment**

Players must wear shin guards so as to prevent injury.

The sweeper-goalkeeper must wear a jersey or pinnie that distinguishes the player from the other players.

e) **The Referee/Official**

One coach from each team will act as the officials/educators on the field. Their task is to stop the play, correct and educate the players on the infringements of the rules, and restart play appropriately.

They are responsible for the timekeeping of the game.

f) **Duration of the Game**

Games will be played with 2 halves. Each half will be 22 minutes in length. Time slots are 60minutes in length. Half-time shall be 3 minutes in length. Make sure all games start on time.

There will be NO clock stoppage time during the game, even in the case of an injury during play.

Play shall be stopped approximately every 3 minutes to allow for substitutions. Play shall resume with a drop ball at the last point of play prior to the substitution stoppage, and at a point that does not result in a direct shot on goal.

g) The Start and Restart of Play

A kick-off will be taken from the centre of the field for

- the start of the game
- after a goal has been scored
- the start of the second half.

Players of the opposing team must be 5 yards away.

A goal may not be scored directly from the kick-off.

h) Fouls and Misconduct

An indirect free-kick is awarded, and the player educated as to what the transgression was.

Players of the opposing team must be 5 yards away at the taking of the kick.

i) Penalty Kick

There are NO penalty kicks.

If an infringement occurs in the 6 yard goal-area by the defending team, then an indirect free-kick is awarded to the attacking team and is placed on the six yard line in line with where the infringement took place.

If the infringement is made by the attacking team inside the 6 yard goal-area, the defending team may place the ball anywhere within the 6 yard goal-area for the indirect free-kick.

j) Ball Out of Play

If the ball is kicked out of play, restart is by a kick-in or throw-in from a spot on the sideline from where the ball went out.

A goal may not be scored directly from a kick-in.

Players of the opposing team must be 5 yards away.

k) Goal Kick

If the ball goes out of play, over the goal-line, when last played by the attacking team, then a goal kick is awarded to the other team.

The goal-kick may be taken from anywhere inside the 6 yard goal-area.

A goal may not be scored directly from a goal kick.

Players of the opposing team must be outside the goal-area.

l) Corner Kick

If the ball goes over the goal-line, after being played by a member of the defending team, then a corner kick is awarded to the other team.

The corner kick is taken from the corner spot.

Players of the opposing team must be 5 yards away.

m) Substitutions

Play must be stopped approximately every 3 minutes to allow for substitutions.

Changes on the fly are not permitted.

