

Official under 8 Playing Guidelines

- I. Roster size**
 - A. Min 6 – Max 10 players
- II. The Field of Play**
 - A. Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.
 - a. Length: minimum 25 yards maximum 35 yards
 - b. Width: minimum 20 yards maximum 30 yards
 - B. Markings shall be:
 - a. Distinctive lines not more than 4 (four) inches wide.
 - b. A halfway line shall be marked out across the field.
 - c. A center circle with a four-yard radius.
 - d. Four corner arcs with a three-foot radius.
 - e. Goal area: four yards from each goal post and four yards into the field of play, joined by a line drawn parallel with the goal line.
 - f. Penalty area: eight yards from each goal post and ten yards parallel with the goal line.
 - g. Goals shall be seven feet high and twenty-one feet wide.
- III. The Ball:**
 - A. Size 3
- IV. Number of Players:**
 - A. Maximum number of players on the field at any one time is six, one of whom must be a goalkeeper.
 - B. Maximum number of players on the roster cannot exceed ten.
 - C. Substitutions:
 - a. Prior to a throw-in in your favor.
 - b. Prior to a goal kick, by either team.
 - c. Prior to a throw-in by either team as long as the team with the ball is substituting at the same time.
 - d. After a goal, by either team.
 - e. After an injury, by either team, when the referee stops the play.
 - f. At half time.
 - D. Goalie changes at least every half; a minimum of two different goalies must be used. More goalies are allowed. No goalie may play more than 20 min of the game.
 - E. All players must play in at least 50% of each game except due to injury, illness, or for disciplinary reasons. Players not eligible to play 50% of a game for disciplinary reasons shall be reported to the referee prior to the start of the game.
- V. Player Equipment:**
 - A. A player may not wear anything that is dangerous to themselves or others including any kind of jewelry.
 - B. Basic equipment includes a uniform, shin guards, and tennis shoes or cleated soccer shoes.
- VI. Referee:**
 - A. One Registered Referee.
 - B. All rule infractions shall be briefly explained to the offending player.
- VII. Duration of the Game:**
 - A. The game shall be divided into equal halves of 20 minutes each.
- VIII. Start or Restart of the Game:**
 - A. Both teams must be on their half of the field to begin the game.

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- B. A kick-off is used to start a game or second half, or after a goal is scored.
 - C. A kick-off is an indirect kick, which may be kicked in any direction. The ball must leave the center circle before a shot on goal may be attempted. Restart shall be a goal kick for the opposing team if the ball enters the goal.
 - D. A kicker who touches the ball first during the kick-off may not touch the ball a second time until another player touches the ball.
 - E. Opponent must be four yards from the center mark while the kickoff is in progress.
- IX. Ball In and Out Of Play:**
- A. The ball is out of play if it completely crosses the goal end line or touch line, or if the referee stops the play.
 - B. The ball is in play all other times when remaining in the field of play.
- X. Method of Scoring:**
- A. A goal is scored when the whole ball passes over the goal line, between the goalposts and under the crossbar.
 - B. The team with the most goals wins. A tying score ends in a draw.
- XI. Free Kicks:**
- A. A player may receive either a direct or an indirect kick and must be taken where the foul occurred. The ball must be stationary, and the player cannot touch the ball twice in a row without another player touching the ball.
 - B. In the case of either a direct or an indirect kick, the opposing team must stand at least eight yards away from the ball.
 - C. A direct kick is awarded to the opposing team if a player commits a careless, reckless act, or uses excessive force.
 - D. A direct kick is put into play once one player touches the ball.
 - E. An indirect kick cannot be scored unless two players touch the ball before entering the goal or if the ball goes out of play.
 - F. If a foul is committed inside of the penalty area, the ball shall be placed on the nearest penalty area line for an indirect kick. The opposing team must stand at least eight yards away from the ball, if possible. If not possible, the ref shall determine a safe distance for the players to stand from the ball.
- XII. Penalty Kicks:**
- A. No penalty kicks.
- XIII. Throw-in:**
- A. A throw-in is awarded if the ball passes over the touch lines on either side of the field. The throw must be taken from where the ball went out of play and is taken by the team in which their opponents touched the ball last before going out of play.
 - B. A throw must be taken facing the field, part of each foot on the ground, outside the touch line, using both hands, and delivering the ball over and directly behind their head.
 - C. A same player throwing the ball in play cannot touch the ball a second time until another player touches the ball.
 - D. A goal cannot be scored directly from a throw-in.
- XIV. Indirect Kick:**
- A. Any purposeful header within the game shall result in an indirect kick from the spot of the infraction.
- XV. Goalie Punts and Drop Kicks:**
- A. Goalkeepers are not allowed to punt or drop kick at the U8 or younger level.
 - B. The opposing team must retreat a minimum of eight yards, once the goalkeeper has possession of the ball in his or her hands. The opposing team must remain a minimum of 8 yards until the ball is played from the goalkeeper from a throw, roll, or kick.

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XVI. Goal Kick:

- A. A goal kick is awarded if the ball, having last touched by the opposing team, passes over the goal line with the exception of if a goal is scored.
- B. A goal kick is taken within the goal area by a player or goalie of the defending team.
- C. Opponents must remain a minimum of eight yards, until the ball is in play. No player may touch the ball until it is outside the penalty area.
- D. A player taking the goal kick cannot touch the ball a second time until another player touches it.

XVII. Corner Kick:

- A. A corner kick is awarded when the whole ball, having last been touched by the defending team, passes over the goal line and a goal is not scored.
- B. The ball is placed next to the nearest corner flag without removing the flag and is kicked by a player on the attacking team.
- C. Opponents must remain eight yards away from the ball until it is in play. A ball is in play once it is kicked or moved, and the player taking the corner kick may not touch the ball a second time until another player touches the ball.