

## U8 Simplified Rules

Ball: Size 3.

Coaching: Coaches are not allowed on the field. The coaches are allowed to walk from goal area to goal area. Only one coach is allowed on each side of the field.

Number of Players: Maximum of 6v6 with players usually in a 3/2/1 arrangement. No player shall play four quarters until all players have played three quarters.

Substitution: Players must play the entire quarter. No player substitution during the quarter. If a player becomes injured during play and is not able to continue play for the quarter, the coach may substitute another player but the substituted player must play for the remainder of the quarter.

Time: Two 20-minute halves with 2-minute breaks at the end of 1<sup>st</sup> and 3<sup>rd</sup> quarter and a 5-minute break at halftime. The quarter break occurs at any stoppage in play approximately half-way between the beginning and end of the 20-minute half.

Throw-Ins: Normal. **ONE** redo on improper throw-in all season. The referee should explain the reason for the improper throw-in before the second attempt.

Corner Kick: Normal. Players must be at least six yards (radius of the center circle) back from the corner arc.

Goal Kick: The ball may be placed at any point within the goal area. Opponents must be at least six yards back from the point where the ball is kicked. The ball is not properly in play until it leaves the goal area. NOTE, there is no penalty area on the U8 field, only a very large goal area.

Offside or Penalty Kicks: Not called at this age level

Fouls: The referee calls the following fouls by name: Pushing, Tripping, Kicking and Handball. All other fouls are dangerous play (including kicking at the ball when a player is on the ground). Direct Free Kicks only are to be used (no IFK). The referee should explain all infractions to the player (instructional aspect at this level).

Yellow & Red Cards: Yellow and Red cards SHOULD NOT be utilized at this level. A verbal consultation with the coach should be held if the referee believes a yellow or red card is warranted.

Balanced Teams Rule: If one team is up by 4 goals, the team that is down gets to add a player to the field. If the team that is down cannot add a player, the team which is up must remove a player. A one-player advantage is given for every additional goal as necessary. This must be done until the team that is down scores. The highest scoring players must be removed first regardless of the amount of playing time they have in the game. (The Balanced Teams Rule overrides the rule that all players must play at least 3 quarters).

Post-Game: The players and coaches must participate in the handshake ceremony after the game. Failure to participate and shake all players' and coaches' hands will result in a one-game suspension.

*Revised for Spring 2009*