

[U7] Rules and Regulations

FIFA Rules with the following exceptions.

1. Field of Play
 - a. Field size should be approximately 20 yards wide and 35 yards long.
 - b. 6ft Wide x 3.5 ft tall x 3.5 ft deep, pugg goals.
 - c. 5ft perimeter around the goal where no players (defense or offense) can enter unless the ball enters first
 - d. Center circle 5-8 yards.
2. The Ball
 - a. Size 3 soccer ball
3. Number of Players
 - a. 4 v 4
 - b. NO goal keeper
 - c. No fewer than 3 to start a game
 - d. Substitutions may be made on either team's throw-ins, center kicks and at the start of a new quarter or half.
 - e. Recommended roster limit, 7 players.
4. Players Equipment
 - a. Sneakers or soccer cleats
 - b. Shin guards are mandatory**
 - c. Players' socks **must** cover shin guards.
5. Referees
 - a. One Referee assigned by the Referee Director of the home team
 - b. The Referee shall check each team for shin guards, legal cleats and the absence of jewelry.
6. Duration of the Game
 - a. The game shall be divided into four 10-minute quarters.
 - b. There will be a 2 minute break between each quarter and a 5 minute break at half time
7. Ball in and out of Play
 - a. The ball is in play until it entirely crosses the touchline or goal line or until the Referee stops play by blowing the whistle.
 - b. A goal may not be scored from a team's defensive side of the field. If a goal is scored, a goal kick will be awarded to the opposing team.
8. Offside
 - a. There shall be no offside
9. Fouls and Misconduct
 - a. No cautions [yellow cards] or ejections [red cards]
 - b. All fouls will result in an indirect free kick.
10. Free kicks / penalty kicks
 - a. All free kicks are indirect.
 - b. All free kicks must be from outside the goal box
 - c. Opponents must be six yards from the ball when it is first kicked.
 - d. No penalty kicks
11. Corner kicks
 - a. Corner kicks are indirect free kicks.

[U8] Rules and Regulations

FIFA Rules with the following exceptions.

1. Field of Play
 - a. Field size should be approximately 30 yards wide and 45 yards long.
 - b. 6 v 6 size goals.
 - c. Center circle 5-8 yards.
 - d. Goal area, 8 yards from the end line, running the full width of the field.
2. The Ball
 - a. Size 3 soccer ball
3. Number of Players
 - a. 5v5 including goal tender
 - b. No fewer than 4 to start a game
 - c. Substitutions may be made on either team's throw-ins, center kicks, goal kicks and at the start of a new quarter or half.
 - d. Recommended roster limit, 9 players.
4. Players Equipment
 - a. Sneakers or soccer cleats
 - b. Shin guards are mandatory**
 - c. Players' socks **must** cover shin guards.
5. Referees
 - a. One Referee assigned by the Referee Director of the home team
 - b. The Referee shall check each team for shin guards, legal cleats and the absence of jewelry
6. Duration of the Game
 - a. The game shall be divided into four 12-minute quarters.
 - b. There will be a 2 minute break between each quarter and a 5 minute break at half time
7. Ball in and out of Play
 - a. The ball is in play until it entirely crosses the touchline or goal line or until the Referee stops play by blowing the whistle
8. Offside
 - a. There shall be no offside
9. Fouls and Misconduct
 - a. No cautions [yellow cards] or ejections [red cards]
 - b. All fouls will result in an indirect free kick.
10. Free kicks / penalty kicks
 - a. All free kicks are indirect.
 - b. All free kicks must be from outside the goal area
 - c. Opponents must be six yards from the ball when it is first kicked.
 - d. No penalty kicks
11. Goal kicks
 - a. A goal kick must be taken from a point inside the goal area, within 3 yards of either side of the goal.
 - b. The ball must fully cross the goal area line before anyone can touch it. If the ball is touched before it crosses the line or it does not reach the line, the ball shall be re-kicked
 - c. Opponents must be six yards from the goal area before the ball is kicked.
12. Corner kicks
 - a. Corner kicks are indirect free kicks.

Miscellaneous Notes

1. Instructional, not competitive
 - a. Coaches are encouraged to share players as necessary to make sure the games are balanced and fun for all.
 - b. Coaches should make an effort to balance gender as well as skill level. (i.e. 5 boys should not be playing against 3 girls and 2 boys as a general rule.)
2. Home coach responsible for letting opponent and referee know if game is canceled due to weather or field closing.
3. Games should be played as scheduled. Coaches may mutually agree to play at a different time.
 - a. Home coach is responsible for letting coordinators and appropriate league officials know about the schedule change.
4. Both U7 and U8 games will be used as “training” games for young referees. So if possible, the home town should schedule referees for their home games.
 - a. If a referee is not available for a game, coaches should “manage” the game, again keeping in mind the main purpose of the game at this level is instruction and fun not competition.