

SPIRIT OF THE GAME

At the ages of U7 - U8 the primary objective is to continue the players understanding of foot skills, tactics and ball possession. We officially do not keep score at these age groups as this is intended to be a learning experience, not a competitive situation.

Ball Size:	3
Field Size:	35 yd x 25 yd (TYP)
Time Periods:	4 x 10 Minute Quarters
Rest Periods:	2 minutes between quarters and 5 minutes at halftime
Substitutions:	<ul style="list-style-type: none">- At possession throw in or kick-in- At opponent throw-in or kick-in only if your opponent is making a substitution- Any goal kick- Any kick off- For injured player (opponent may substitute)- Discretion of the referee
Total Players:	4 (May play with 3)
Goalkeeper :	NO - Please Review Goal Area Notes Below
Throw-Ins:	Yes

Throw-In Attempts:	2
Direct Free Kicks:	No (Goal may not be scored directly from free kick)
Indirect Free Kicks:	Yes (Goal may not be scored directly from free kick)
Free Kick Distance:	4 feet
Offside:	No
Misconduct:	No
Notes:	<ul style="list-style-type: none"> • All kicks (goal, corner, kick-off, kick-ins) are indirect
Goal Box Rules:	<ul style="list-style-type: none"> • THERE SHOULD BE NO GOALKEEPERS IN THESE AGE GROUPS • No player may stand or play in the Goal Area until the ball enters the Goal Area or they are actively playing an attacking player with the ball. • Attacking and Defending players may play within the Goal Area if the play is in the attacking zone but defenders must be playing the ball or defending attacking players, but NOT playing as a Goalkeeper within the discretion of the Referee. • Initial violations will result in a warning to the coach and players, additional violations will result in an indirect free kick awarded from the top of the center circle or goal line depending on the team in violation.

We also encourage teams to **NOT** position any player as a goalie, rather have all four players on the field participate in the overall attack or defense. It is fine to have defensive positioned players, but we encourage coaches to have defenders move up to the center line while their teams are on the attack to stay involved with play.

U7 & U8