



U-8 Soccer Rules – ~~2015~~20186

1. U8 games will be 7 versus 7 (6 field players & a goalie).
2. Games will be played with a Size 4 soccer ball.
3. 75 minutes is allotted for each game as follows: 20 minutes for practice on one half of the field, two 25 minute halves and a one 5 minute half time. Changes in timing are permitted as long as it is agreed to by both coaches. Your field time will conclude after 75 minutes regardless of the status of your “game”.
4. Substitutions by either team are permitted during any stoppage in play. A designated substitution time can also be used if agreed to by both coaches (e.g., every 5 minutes).
5. ~~Up to 2~~Only one coaches from each team ~~are is~~ permitted on the field. ~~I would also~~It is recommended that an assistant coach or an additional parent (bench coach) assist with bench control and handle substitutions. Coaches are NOT permitted in the penalty box area during play while they are on the field.
6. Head coaches serve as referees and time keepers. Please USE YOUR WHISTLE to help control the game and each coach is expected to whistle violations and/or fouls against BOTH teams.
7. The clock does not stop for substitutions or for any other reason (running clock). Each player must play at least half of the game. Equal time should be played on offense and defense. Please teach goalie skills this year but choose your goalies appropriately. Do not force anyone to be goalie and do not hide players in the goal.
8. Sidelines out of bounds is played in by a throw-in. An illegal throw-in should result in a re-throw after instruction by coach. Definition of a legal throw-in, the thrower:
 - a. Faces the field of play
 - b. Has part of each foot either on the line or on the ground outside the line
 - c. Uses both hands
 - d. Delivers the ball from behind and over the head.
 - e. The thrower may not touch the ball again until it has touched another player.
9. Corner Kick results when the defensive team kicks the ball out behind their goal. A Corner Kick is played from the field corner that the ball went out.
10. A Goal Kick is when the offensive player kicks the ball out behind the opponent's goal.
11. Goal Kicks can be taken anywhere in the penalty area. In addition, the opposing team MUST remain behind the midfield line until the ball has been kicked at which time they may go after the ball. The same applies for goalie clears as well (either throws or punts). A Goal Kick cannot be touched by either team until it clears the penalty box. If the Goal kick does not clear the penalty box, it is replayed as a goal kick.
12. Hand balls should not be called when the player uses his hands to protect himself from the ball. Other hand balls should be called.
13. All foul kicks and hand balls are to be played as indirect kicks from the spot of the foul. An indirect kick means that the player making the kick may not kick the ball directly into the goal.

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14. There are no penalty kicks, any hand ball or other infraction in the penalty box will be played just outside penalty box as an indirect kick.

15. All play starting touches (throw-in, corner kick, goal kick, indirect kick, half field kick off) are one touch. This means that the player who makes the kick or throw cannot touch the ball again until another player has touched it.

16. THERE IS NO SLIDE TACKLING. Slide tackling is banned from all age groups and will result in an indirect kick for dangerous play.

17. There will be NO heading of the ball at all for U13 and below. This is a new rule from NRSL. It is considered a dangerous play and will result in an indirect kick from the spot of the foul, unless it is within the penalty box. If a head ball occurs within the penalty area, the ball will be played just outside the penalty box as an indirect kick.

~~1718.~~ Players are NOT allowed to wear jewelry (earrings, wrist bands, necklaces, etc) or hard casts ~~can be worn~~ while on the field. They are REQUIRED to wear shin guards and they must be covered by socks. It is recommended that soccer cleats be worn as well.

~~1819.~~ There is to be no overly aggressive play. Any player who is intentionally pushing, checking, or is acting overly aggressive, needs to sit down for five minutes and cool off.

~~1920.~~ There is to be no overly aggressive parenting. If a parent or other fan cannot control themselves during a game they need to remove themselves from the side line. If a parent is unable to do this, the child will need to be removed from the game. This is very rare, especially at this age. If this happens, I would like to know about it ASAP. You have my cell phone, home phone or e-mail, please notify the age group commissioner ASAP.

~~2021.~~ The soccer program is NOT a day care center. A parent or guardian must be with their child at all times. This may be someone other than the parent but it is NOT the coach. Car pools are fine but those parents who are driving will be responsible for their passengers at games or practices.

~~2122.~~ PARENTS WILL SIT ON THE OPPOSITE SIDE OF THE FIELD AWAY FROM THE PLAYERS AND TEAM BENCH DURING ALL SATURDAY GAMES!! This facilitates coaching and substitutions during the game and reduces distractions for the children.

~~2223.~~ The goal of U8 soccer is to teach the children about soccer and the skills necessary to play the game, to develop an enjoyment of the game, to teach and emphasize teamwork, and to be good role models as coaches and parents. If you have any concerns about another coach regarding his treatment of players or running the score up, please notify the Hickory Soccer Board as soon as possible.

~~2324.~~ To prevent scoring from getting out of control, and in an effort to promote the spirit of sportsmanship, coaches should encourage players to complete 3 passes before scoring again and move stronger players to different positions to limit further scoring. ~~and Another method is~~ by adjusting the number of players on the field as follows: Teams with a 2 goal lead needs to reduce the number of players on the field and give their opponents a one player advantage. Teams with a 4 goal lead, need to reduce the number of players on the field and give their opponents a two player advantage. Every attempt must



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be made to control further scoring without jeopardizing the integrity of what we are trying to teach in terms of soccer skill. Coaches should discuss these options before and during the game, if necessary, and adjusted accordingly.

2425. Any games that are considered a blow out or game where the scoring of one team is excessive needs to be reported to the age group commissioner. Please do so in order for the commissioner to intervene with the offending coach/team.