

PLAYING RULES FOR U-8 5 v 5 SOCCER

Number of Players

The maximum number of players on the field at one time for U-8 is 5v5. One player shall be designated as the goalkeeper.

The Referee

A registered referee, coach or parent shall monitor play. The primary concerns of the adult are safety and enjoyment of the players.

Start of Play

At the beginning of the game and following each goal, the kick-off can be played backwards from the center spot to ensure possession. Players should remain in their own half of the field until the ball is kicked.

Substitutions

Substitutions are unlimited for the team in possession prior to a kick in. Both teams may make substitutions after a goal or prior to a goal kick.

Offside

The offside rule does not apply, but a team cannot station an attacking player at their opponent's goal.

Sliding and Slide Tackling

No slide tackling is allowed, but players can legally slide to play the ball if there is no danger of injury to an opponent.

Corner Kicks

When a ball crosses a goal line and was last touched by a defender, the game is restarted by a corner kick by an attacking team player.

Throw-ins

The ball shall be restarted with a throw-in from the spot where it left the field of play.

Goals

Following a goal, the ball is restarted from the center spot of the field.

4 Goal Rule

If one team is ahead by 4 goals, the other team may add another player to try and make the game closer. The team that is ahead can also remove a player instead.

Goal Kicks

When a ball crosses a goal line and was last touched by an attacker, the game is restarted with a goal kick. The ball must be placed within that defensive quarter of the field and kicked past the line designating that defensive quarter area. Once the ball is kicked past that line, it is in play and teammates or opponents may play it. If the goalie gains possession of the ball by picking it up within the defensive quarter, he has 10 seconds to put ball into play or an indirect free kick is awarded at spot of foul.

Restarts

All restarts are indirect kicks (the ball must be touched by another team member before shooting onto goal) and opponents must be at least 4 yards from the ball.

Obvious Goal Scoring Opportunities

When an attacking player is fouled during an obvious goal scoring opportunity, or a defender illegally stops the ball from entering the goal, the game is restarted with a direct free kick at an open goal taken from the half way line. All players, except the defending goalkeeper, should stand behind the ball while the goalkeeper stands beside the goal. If the goal is made, the game is restarted with a kick off. If the attempt is missed, the ball becomes dead and the defending goalkeeper starts the game in possession from inside the goal area.

Misconduct

A player who blatantly tries to injure an opponent or who continually breaks the rules should be removed from the game. The player may be allowed to reenter the game after a cooling off period at the discretion of the referee.

Pass Back Rule

The pass back rule is not in effect. The goalkeeper is allowed to pick up the ball when last played by a teammate. When the ball is played to the goalkeeper and not picked up, the goalkeeper is considered a field player and can kick the ball directly over the half way line in the air.

Time

25 minutes with a 5minute half time.

Ball

Size 3

Penalty Kicks

None

The Advantages of Playing Small Sided Games

The child has:

- ◆ More opportunities to experience being in possession of the ball
- ◆ More time and space to make decisions about the game
- ◆ More opportunities to recognize tactical situations
- ◆ More opportunities to develop a range of techniques
- ◆ More actual playing time
- ◆ More energetic workouts
- ◆ More reason to stay involved in the play

The small field allows for:

- ◆ More efficient use of space
- ◆ More games to be played simultaneously
- ◆ Players to immediate transition between attack and defense
- ◆ Children to be actively involved for longer periods of time

Young children are having fun when:

- ◆ They score goals
- ◆ They dribble the ball
- ◆ They pass the ball
- ◆ They refine existing skills
- ◆ They learn new skills
- ◆ They learn more about the game
- ◆ The experience success
- ◆ They are challenged at their own level
- ◆ They are encouraged to experiment
- ◆ They are not scolded for making mistakes
- ◆ They are given freedom to make decisions
- ◆ They are playing children's games, not competing in adult sports
- ◆ Games are against like-skilled opponents
- ◆ Games are not one-sided
- ◆ Adults are supportive and not critical
- ◆ Adults provide helpful feedback