U08 Rules and Guidelines (rev 2016)

1. U08 will play 4 v 4 on a 30 x 20 yard field. This is our official playing-numbers policy in accordance with US Youth Soccer.
2. U08 will use a size 3 ball.
3. NO team goals are kept in U08. No shootouts (no overtime) will ever occur. This is an INSTRUCTIONAL league. Teach the players the game and encourage them to have **FUN**. Winning should NOT be stressed, as no scores are kept.
4. No goalies. There is a goal net.
5. Game length is four 8-minute quarters with a 2-minute rest period between quarters. Coaches will keep time. Time is based on a running clock with no time added for injuries or throw-ins.
6. No referees. A coach from each time will referee the game.
7. NO free substitutions. Exceptions: A player is injured while playing and cannot continue to play, or a player feels sick during the game and requests to leave play. If a player is injured, immediately stop the game and attend to the player. Parents are asked to stay on sidelines. Other players are to kneel on the field in current positions. Play will restart with either a throw-in or goal kick.
8. If a player does an incorrect throw-in, the coach will show how to do one correctly. The player has one more chance to throw in the ball correctly. If the second throw-in is incorrect, the ball goes to the other team.
9. No offsides will be called. Players may NOT camp out at the opposing team’s goal.
10. No penalty kicks in U08.
11. No “hand balls.” Players should not engage in “handling” the ball. “Handling” the ball involves deliberate contact with the ball by a player’s hand or arm (including fingertips or outer shoulder). A hand ball stops play and allows the opposing team a throw-in. An un-deliberate hand ball does not stop play.
12. No heading of the ball is allowed. This is to guard against concussions and head injuries.
13. There will be NO rough play, cursing or calling of names. All that should be said to the other team is “good game” or compliments in that nature.