



Under 8 (1&2)

4 v 4

Field

Dimensions — 40 yards x 30 yards

Markings — In addition to the goal lines and touch (side) lines:
- a halfway line with a center circle with a 5 yard radius
- 6 yard line to form a goalkeeping area

Goals — Approximately 4'h x 6'w

Ball

Size 3

Players

Four players on the field. One is designated as the goalkeeper and may handle the ball when inside the goalkeeping area. Everyone takes a turn at every position, including goalkeeper.

Playing Time — All players should be given the opportunity to play at least 50% of the game.

Substitutions — Substitutions may be made whenever the ball is out of play.

Roster size — No more than eight players.

Duration

The game is divided into two 18-minute periods with a 5 minute break between halves. Please note that the “clock” should run continuously unless there is excessive stoppage due to injury, etc. Duration of the entire game, including the half time break should be approximately 41 minutes.

Player Equipment

All players are required to wear shinguards.

Footwear may be soft soled shoes or soccer cleats — no other cleats (baseball, football, etc) are allowed.

Referees

Coaches shall act as referees. NO WHISTLES PLEASE.

Restarts

Ball goes over side line — by throw-in. If a foul throw is committed, the coach shall offer a correction and the throw is retaken. If a second foul throw is committed, play is allowed to continue.

Ball goes over goal line — by goal kick if the attacking team last touched the ball. Goal kick (ball placed on ground) may be taken from anywhere inside the 6 yard area. Opponent must be at least 6 yards from ball.
— by corner kick if defending team last touched the ball (corner kick taken from intersection of goal line and side line). Opponent must be at least 6 yards from ball.

After goal is scored — from center spot, opponent must be outside of center circle on their own half of field.

Fouls

All fouls shall result in an indirect free kick. No direct free kicks or penalty kicks are awarded. On indirect kicks, opponent must be at least 5 yards from the ball. All infractions are explained to the offending player.

Coaching

During games, coaches/referees should encourage and invigorate play. Especially with the younger players, coaches should look to facilitate the game without coaching to the point of confusion. *Let the game be the teacher.*

Parents/Spectators

Spectators are asked to encourage, but not coach during the game. *Let the game be the teacher.* Spectators may facilitate the pace of the game by acting as “ball parents” when the ball goes out of play, helping return it asap. Spectators are asked to stand on the opposite touch (side) line from the team. No one should stand on the goal line or behind the goals.

