

**Altus Soccer Club U-8 Small-Sided Rules  
(US Youth Soccer – Laws of the games)**

**LAW 1 - The Field of Play** - 30 Yards long by 25 Yards wide.

**LAW 2 - The Ball** - Size 3.

**LAW 3 - Number of players** - A match is played by two teams, each consisting of not more than four players on the field. There are NO goalkeepers. *Substitutions:* At any stoppage and unlimited.

*Playing time:* Each player SHALL play a minimum of 50% of the total playing time. See Guideline 18.

**LAW 4 - Players equipment** - Shin guards MUST be worn, and COVERED, during ALL practices and games. Tennis shoes or cleats (no toe cleats). Appropriate pants (according to weather) with no pockets. Team jersey must be showing at all times, jackets sweatshirts etc. will be worn under jersey. No jewelry.

**LAW 5 - The Referee** - An OFFICIAL (Referee or Coach) may be used. All infringements shall be briefly explained to the offending player. Only one Official on the field at a time (rotate each quarter if coaches are the officials).

**LAW 6 - Assistant referees** - None

**LAW 7 - The Duration of the Match** - The match shall be divided into 4 equal, 12-minute quarters. There shall be a 2-minute break between quarters one and two and another 2-minute break between quarters three and four. There shall be a half-time interval of 5 minutes.

**LAW 8 - The Start and Restart of Play** - A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The teams switch halves at halftime. Each team alternates taking the kick-off at the beginning of each quarter. A goal may be scored directly from the kickoff. After a team scores a goal, the other team takes the kick-off. A kick-off is a way of starting or restarting play:

- At the start of the match
- At the start of each quarter of play
- After a goal has been scored

**Procedure:**

- All players are in their own half of the field
- The opponents of the team taking the kick-off are at least 4 yards from the ball until it is in play
- The ball is stationary on the center mark
- The official gives a signal
- The ball is in play when it is kicked and moves forward
- The kicker does not touch the ball a second time until it has touched another player

**LAW 9 - Ball In and Out of Play** - The ball is out of play when:

- It has wholly crossed the goal line or touch line whether on the ground or in the air
- Play has been stopped by the referee

The ball is in play at all other times, including when:

- It rebounds from a goalpost, crossbar or corner flagpost and remains in the field of play
- It rebounds from the official when they are on the field of play

**LAW 10 - Method of Scoring** - A goal is scored when the whole of the ball passes over the goal line, between

the goalposts and under the crossbar, provided that no infringement has been committed previously by the team scoring the goal.

**LAW 11 - Offside** - None.

**LAW 12 - Fouls and Misconduct** - The following fouls and misconduct are penalized:

- A slide tackle is performed
- Trips or attempts to trip an opponent
- Charges an opponent
- Pushes an opponent
- Spits at an opponent
- Kicks or attempts to kick an opponent
- Jumps at an opponent
- Strikes or attempts to strike an opponent
- Holds an opponent
- Handles the ball deliberately

All fouls shall result in a direct free kick.

The official must briefly explain all infringements to the offending player. There will be no cards shown for misconduct.

**LAW 13 - Free Kicks** - All free kicks are direct and opponents are at least 4 yards from the ball until it is in play. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player. If the free kick is kicked directly into the opponents' goal a goal is awarded. If a free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

**LAW 14 - Penalty Kick** - None.

**LAW 15 - The Throw In** - A throw in is a method of restarting play. A goal cannot be scored directly from a throw-in. A throw-in is awarded:

- When the whole of the ball passes over the touch line, either on the ground or in the air
- From the point where it crossed the touch line
- To the opponents of the player who last touched the ball

At the moment of delivering the ball, the thrower:

- Faces the field of play
- Has part of each foot either on the touch line or on the ground outside the touch line
- Uses both hands
- Delivers the ball from behind and over his head. The thrower may not touch the ball again until it has touched another player. The ball is in play immediately when it enters the field of play. For this age group an improperly performed throw-in can be retaken once.
- A goal cannot be scored directly from a throw in

**LAW 16 - The Goal Kick** - A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when:

- The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

Procedure:

- The ball is kicked from any point within the goal area by a player of the defending team
- Opponents must remain outside the goal area and at least 4 yards from the ball until it is in play
- The kicker does not play the ball a second time until it has touched a second player
- The ball is in play when it is kicked directly beyond the goal area

**LAW 17 - Corner Kick** - A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air.

Procedure:

- The ball is placed inside the corner arc nearest to the corner
- Opponents remain at least 4 yards from the ball until it is in play
- The ball is kicked by a player of the attacking team
- The ball is in play when it is kicked and moves
- The kicker does not play the ball a second time until it has touched another player

## Guidelines for U-8 Coaches

1. Coach packet **MUST** be with team at **ALL** practices and games. It contains Medical Release forms!!!
2. Coaches will split the team to play a match on two adjacent fields at the same time. This is called the dual method of play. Coaches and substitutes will be located between the fields.
3. The visiting team will change fields with the same players on the team at half time (see dual field diagram).
4. Do not leave children alone after practice or games. Make sure there are two adults present.
5. Let parents know what times practices end for those who drop off kids.
6. Practice time, days and place are up to coaches.
  1. May use fields as long as there are no games going on.
  2. If more than one team shows up to practice on the same field, share the field.
7. Keep children from hanging on nets and goals. This is very dangerous and could result in serious or fatal injuries.
8. Coaches use good judgment. You are the example to the kids on how they should conduct themselves. Show good sportsmanship.
9. Issues during the game should be brought up after the game ends, not during the game.
10. U-8 teams will only have 1 official (coach or referee) on the field at a time. If coaches are used, one coach will ref the first half and the other team take over the second half, may go by quarters.
11. If a game needs to be cancelled you must first get approval by a board member.
12. All rescheduled games will be scheduled by the Registrar (April Cole) only.
13. Smoking is **NOT** permitted on OR near the playing fields.
14. **NO** animals are permitted on OR near the playing fields.
15. Please **DISPOSE** of trash properly and keep fields clean. Set a good example for our kids. Both teams are responsible for picking up trash on and around the field. Whoever is responsible for snacks should bring an extra bag for the trash.
16. If there are questions throughout the season, parents should talk with their child's coach first.
17. Shin guards **MUST** be worn, and **COVERED**, during **ALL** practices and games. Tennis shoes or cleats (no toe cleats). Appropriate pants (according to weather) with no pockets. Team jersey must be showing at all times, jackets sweatshirts etc. will be worn under jersey. No jewelry.
18. If a team does not have enough players then you can (1) play down (3v3 etc) or (2) Loan a child to the team you are playing. You can not use players from other teams (other than the one you are playing) and you must match players ( 3v3, 4v4 etc).