

Mandeville Soccer Club

U-8 Rules (5 V 5)

1. This is a **Recreational and Developmental league**. The goal is to have **fun** and teach soccer. WE DO NOT KEEP SCORE AT THIS AGE.
2. **Players** - We play 5 versus 5. Four players are field players and one player is a goalie. The goalie position must be rotated with no player playing more than two quarters in a single game. A team must have a minimum of three players to play a game. If one team is short players for a game, consider lending "guest" players off of the opposing team.
3. **Goalkeepers** - At U-8 we introduce the goalie position to the game. In order to encourage players to try the position, it is the Club's policy to discourage any physical contact with the goalkeeper at U-10 and below. "Fingertip" control of the ball is considered in the possession of the goalie. Players should be coached to avoid all contact with the goalie to avoid injury.

At U-10 and below, players are limited to 50% of the game as a Goalkeeper

Goalkeepers are the only players on the field that is able to use his/her hands to control the ball. The goalie, however, may only use his hands to control the ball while in the large box painted on the field (called the penalty area). Once the ball is in the possession of the goalkeeper, he has six seconds to put the ball back into play. At any time and anywhere on the field, the goalie may use his feet to play the ball. The goalkeeper must wear a uniform that clearly differentiates him from other players on the field. See other rules below:

4. **Equipment** - Uniforms shirts must be tucked in. No jewelry, watches, etc.. may be worn by players during the game. Shin-guards are mandatory. Soccer cleats are recommended but are not mandatory. Metal cleats, baseball cleats (with toe cleat) are forbidden for safety reasons. We will use a Size 3 soccer ball.
5. **Duration** - The games will consist of 12 minute quarters, with a 3 minute break between quarters, and a 5 minute break at halftime.

6. **Substitutions** - At the end of any quarter, a coach may substitute his/her players, however, every player must play at least 50% of the game. Substitutions are made at the quarter mark, unless a player on the field is injured or requests a rest.

Substitution Modification - To accommodate increased roster sizes, we are modifying the substitution rules. Substitutions can be made at anytime subject to the following:

- a. To substitute players, notify the referee of your intent to substitute and have your players ready,
- b. Substitutions can only be made during a stoppage in play, and only once the referee has called your players onto the field. The referee may not allow the substitution in every stoppage. This is especially true if the substitution would stop a fast break advantage.
- c. Any team can substitute after a goal is score (before the kick off), or on a "Goal Kick" by either team.
- d. Players must run on and off the field. The clock does not stop and we cannot waste playing time
- e. Avoid substituting your entire team at once. This is somewhat disruptive to the flow of the game

Regardless of the number of substitutions, every player must play at least 50% of every game.

7. **Coaching from the Sideline**: There should be no coaching on the field, or from behind the goal. Unless a coach is refereeing the game, he/she should not be on the field. If a coach is on the field, he/she will naturally make decisions for the players.
8. **Sidelines**: Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline. Players are easily distracted by their parents.

9. **Referees:** Each team will provide a volunteer referee half of the game. One coach, assistant coach or parent is allowed on the field to referee the game. The referee must be impartial and should refrain from coaching his/her players. This is a great opportunity to reinforce the rules of the game for both teams. Soccer Rules apply with some age level modifications. Rules of note:
- a. At U-8 we play 12 minute quarters (note the clock does not stop when the ball goes out of play).
 - b. The ball must move forward on the kick-off (until touched by another player)
 - c. Kickoffs should be alternated each quarter. Team should change sides (defend the other goal) after the half break (modification). You can score directly on the kickoff.
 - d. A player cannot kick the ball, or throw the ball to himself (it must touch another player before he can touch it again)
 - e. A ball is not out of play until it completely rolls (or flies) past the touch or goal line. Unlike other sports, the ball is in play if is only partially over the line.
 - f. Throws-Ins: The ball must be thrown with two hands. The ball must pass above and past the head. Both feet must be in contact with the ground during the throwing motion (until the ball is released). Also, the player's feet must be either on or behind the touch line, not on the playing field. Note a goal may not be scored directly from a throw-in (must touch another player before passing the goal line and into the net).
 - g. Goal Kicks - When a ball, which is last played by an attacker, passes the defensive goal line, a goal kick is awarded to the defensive team. The goal kick may be taken from anywhere within the goal box (smaller box adjacent to the goal). **The opposing team must be outside of the penalty area (large box) and no player on either team can receive (touch) the goal kick until the ball travels outside of the penalty area. If after the kick, a player should touch the ball before it travels outside of the penalty area, the play is blown dead and the goal kick redone.**
 - h. Corner Kick - When a ball, which is last touched by a defender, passes the defensive goal line, a corner kick is awarded to the attacking team. The defending team must give the attacking team five yards (modification). A goal may be scored directly from a corner kick.

- i. Goalkeepers may use "hands" anywhere in the penalty area (large box), however, he has six seconds to release the ball once he has possession. The exception - the keeper cannot use his hands when a ball is passed directly to him by one of his players. To play the ball in this instance, he must use his feet. There are more FIFA soccer Laws governing the goalkeeper, but this adequate for U-8.
- j. A whistle may be blown when the ball goes out of play. With the exception of the kickoff, no whistle is blown to start play. On throw-ins, goal kicks and corner kicks, the play should begin whenever the kicking team is ready. This can happen very quickly!
- k. After a goal is scored, the opposite team kicks off the ball from the centerline to restart the game.
- l. Fouls: When a foul such as tripping, pushing, contact with the goalie or an intentional hand ball occurs, the referee will award an indirect kick at the spot of the foul. An **indirect kick** means the ball must touch a minimum of two players before it can score a goal. If the player kicks it straight into the goal without touching either teams player, it does not count. We have no penalty or direct kicks at this age level. All indirect kicks must be taken at least 8 yards from the goal and defenders will be allowed to stand 5 yards from the ball. (modifications)
- m. Injuries: At this age when a player gets hurt, we stop play immediately (modification). Encourage the players on both teams to take a knee while the player is attended to. A "drop ball" is used to restart play (Two opposing players face each other, the referee drops the ball, and the players may kick it once it hits the ground).

Note: We are now enforcing proper throw-in rules. If a player incorrectly throws the ball in play (see above), the referee should blow the whistle and award the throw-in to the opposing team. The referee should take time to explain the infraction before play is resumed. This may seem harsh, but the kids learn very quickly once we start enforcing the rule. Keep in mind that many of the players now have a few years of experience.

Please consult the Mandeville Soccer Club membership guide for additional information. When in doubt see rule one (Have Fun). Any other questions should be referred to the Age Group Director