

8U GOVERNING RULES

AYSO Region 113 encourages small-sided games in the 6U, 8U, 10U and 12U age-groups to help in the development of players' skills, teamwork and touches on the ball. For the 8U age group, adjustments to the AYSO Edition of the FIFA Laws of the Game are made here to provide a fun and safe environment for our 8U players in the Kaneohe Region. Emphasis should be on fair play and good sportsmanship.

Adjustments include but are not limited to:

- 1) Modifications to field size, including goal and penalty areas, proportionately smaller compared to full-size field
- 2) Match scores and league standings not kept and not encouraged.
- 3) Number of players on the field, balance team numbers on game day

Reminders to Coaches and Referees:

- 1) No intentional heading allowed
- 2) No offside, penalty kicks or direct free kicks
- 3) No goalkeepers. Advice to coaches regarding last defender

Note: References to the male gender with respect to coaches, assistant coaches, referees, players and others are for simplification and apply to both males and females.

GENERAL GUIDELINES FOR 8U

1. COACHES:

A. To be an AYSO Region 113 8U Head or Assistant Coach, you must:

- be a currently registered AYSO volunteer
- have successfully completed AYSO Safe Haven certification
- have successfully completed the AYSO 8U Coach certification course
- have successfully completed CDC Concussion Awareness training

Important Note: Other individuals are NOT allowed to conduct practice sessions without the Head or Assistant Coach present, unless they meet the coach requirements listed above.

B. Coach Guidelines

- Coaches shall not allow themselves, their assistants or other team parents to be placed in situations where personal and/or Region liability may be compromised.
- The recommended supervision ratio should be 1:8 or less, i.e. one adult for every eight or fewer children and two adults present at all times (one of whom may be the coach and one of whom should be the same gender as the players)
- Coaches should not transport players (except their own child) in their personal vehicles at any time

C. Game Conduct: Only the head coach may issue tactical instructions to players during the course of a game on three conditions:

- that you identify yourself to the referee before the start of the match
- that you give your instructions from the technical area, and
- that you behave in a responsible manner

D. A rectangular technical area shall exist, whether marked or not, extending 5-yards on each side of the halfway line. The front and back edges, respectively, shall be 2-yds. (6-ft.) and 3-yds. (9-ft.) from the touchline.

2. SPECTATORS:

- A. Spectators are not allowed behind either goal
- B. A spectator control line shall exist, whether marked or not, parallel to and at a distance of 3-yds. (9-ft.) from the touch line
- C. Spectators are to encourage players but not coach or instruct players during games

3. OTHER:

- A. Match scores are not recorded
- B. League standings are not recorded
- C. Only game participants are allowed to run the length of the field
- D. Referees shall submit to the region completed game cards after each game

LAW 1: THE FIELD OF PLAY

- A. Dimensions: 35-yds. (115-ft.) long and 25-yds. (75-ft.) wide
- B. Markings:
- Halfway Line the width of the field, marked equidistant between the goal lines
 - Center Circle with the 6-yd. (18-ft.) radius in the center of the field
 - Corner Arcs with a 1-yd. (3-ft.) radius at each corner of the field
 - Goal Area in front of each goal marked by two lines drawn at right angles to the goal line, 3-yds. (9-ft.) from each goalpost, extending 3-yds. (9-ft.) into the field of play, joined by a line parallel with the goal line
 - Penalty Area in front of each goal marked by two lines drawn at right angles to the goal line, 9-yds. (27-ft.) from each goalpost, extending 9-yds. (27-ft.) into the field of play, joined by a line parallel to the goal line
- Note: The penalty area exists solely to indicate that the ball is in play after completely exiting the penalty area on a goal kick or a free kick taken by the defending team from within their own goal or penalty areas. There are no penalty kicks in 8U. See Law 13, Item D.3.
- Technical (Coaching) Area shall exist, whether marked or not, extending 5-yds. (15-ft.) on each side of the halfway line. The front and back edges, respectively, shall be 2-yds. (6-ft.) and 3-yds. (9-ft.) from the touchline.
- C. Goals: 8-ft. wide and 4-ft. high
- Note: The field markings listed above are part of the areas of which they define

LAW 2: THE BALL

- Size three (3), approved by the Referee
- Note: the home team shall provide game ball

LAW 3: THE PLAYERS

- A. Recommended maximum number of players on the roster: six (6)
- B. Recommended maximum number of players on the field at any time: four (4), no goalkeeper
- C. Minimum number of players on the field at any time: three (3)
- D. To encourage participation by all available players in an 8U match:
1. In the event that less than four players from one team are available:
 - a. at the start of a match: With the approval of the coaches and the referee, a team with less than the minimum available number of players may request to "borrow" a player or players from their opponent.
 - b. during the course of a match (due to injuries, etc.): With the approval of the coaches and the referee, teams are encouraged to have the same number of players on the fields at all times.
- E. Substitutions:
1. Approximately midway through each half ("quarters") and at halftime
 2. For injuries
 3. For others situations with the approval of the referee
- F. Playing time: Minimum of 50% (two "quarters") of the total playing time for each player, if possible. No player(s) should play four periods until every player has played three periods.
- G. No co-ed teams. Separate girl's teams should be promoted at all levels of play.
- H. Last Defender. Reminder to Coaches: There are no goalkeepers in 8U. The last defender shall not be used as a goalkeeper.
1. Coaches shall:
 - Reinforce the defending principle of play of COVER
 - Instruct defenders on how to PRESSURE and COVER
 - Encourage BALANCE, teamwork and player involvement
 - Promote touches on the ball by all players

LAW 4: THE PLAYERS' EQUIPMENT

- A. Safety: Players must not use equipment or wear anything, in the opinion of the referee, that is dangerous to him or herself or another player. All jewelry (rings, watches, necklaces, bracelets, hard hair accessories, etc.), casts or splints (even if taped or padded) are prohibited in all AYSO practices and games. Exceptions:
- Medical bracelets (must be taped or padded). Referee and both coaches must be made aware of medical bracelets.
 - Prescription eyewear is allowed.

Bleeding and blood on uniform: Any player or official who is bleeding must leave the field and may not return until the bleeding is stopped, the wound is cleaned and covered. If there is blood on the uniform, that portion of clothing must be replaced or the blood must be neutralized. Bloody materials are a biohazard and must be disposed of properly. Consult local authorities for proper disposal (at a minimum, place in sealed plastic bags).

- B. Footwear: Covered tennis or soccer shoes. No bare feet, slippers or sandals. Metal cleats are allowed only if round and smooth.
- C. Shin guards: MANDATORY for practices and games, covered entirely by the socks.
- D. Game Uniform: Official AYSO jersey, shorts and socks

LAW 5: THE REFEREE

All referees must be currently registered AYSO volunteers and AYSO Safe Haven certified. Additionally, all referees should be an AYSO-certified U-8 Official and qualified for the match to which he/she has been appointed.

- A. Highlights of Law 5 from FIFA Laws of the Game, AYSO Edition: Refer to Laws of the Game for guidelines not listed here.
 - 1. Each match is controlled by a referee who has full authority to enforce the Laws of the Game and these Governing Rules in connection with the match to which he/she has been appointed.
 - 2. The Referee:
 - acts as timekeeper and keeps a record of the match
 - stops, suspends or terminates the match because of outside interference of any kind, including spectator interference or any problem in the spectator area
 - stops the match if, in his or her opinion, a player is seriously injured and ensures that they are removed from the field of play
 - allows play to continue until the ball is out of play if a player is, in his or her opinion, only slightly injured
 - ensures that any player bleeding from a wound leaves the field of play. The player may return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped.
 - takes action against team officials who fail to conduct themselves in a responsible manner and may, at his or her discretion, expel them from the field of play and its immediate surroundings
 - provides the appropriate authorities with a match report which includes information on any disciplinary action taken against players, and/or team officials and any other incidents which occurred before, during or after the match.
- B. Decisions by the referee regarding facts connected with play are final.
- C. Decisions by the referee should not be questioned by players, coaches, assistant referees, parents or spectators.
- D. The referee may only change a decision on realizing that it is incorrect or, at his or her discretion, on the advice of an assistant referee, provided that play has not restarted
- E. Referees should emphasize:
 - Fun
 - Fairness
 - Safety

Note: Referees should briefly explain any infringements to the 8U players, but shall refrain from coaching

LAW 6: THE OTHER MATCH OFFICIALS

- A. Duties: Two Assistant (Club) Referees, appointed by the coach from each team participating in the current match; whose duties, subject to the decision of the Referee, are to indicate:
 - when the whole of the ball has passed out of the field of play
 - which side is entitled to a corner kick, goal kick or pass-in

Assistance: In the event of undue interference or improper conduct, the Referee may relieve the Assistant Referee of his duties. The Coach may then appoint a substitute, subject to the decision of the referee. Assistant (Club) Referees shall refrain from coaching or showing bias during the match

LAW 7: THE DURATION OF THE MATCH

- A. Two 20-minute halves, with one to two minute long “quarter” breaks
- B. Halftime break, five (min.) to ten (max.) minutes
- C. Allowance can be made for time lost (at the discretion of the referee) to allow for:
 - Assessment of injury to players
 - Removal of injured players from field for treatment
 - Substitution of injured players

LAW 8: THE START AND RESTART OF PLAY

Preliminaries: A coin is tossed (visiting team to call) and the team who wins the toss decides which goal it will defend in the first half of the match. The other team takes the kick-off the start the match. The team who wins the toss takes the kick-off at the start of the second half of the match. In the second half of the match, the teams change ends and attack the opposite goals.

A. Kick-Off: A Kick-off is a way of starting and restarting play:

- at the start of the match
 - after a goal has been scored
 - at the start of the second half of the match
1. All players are in their own half of the field
 2. Opponents must be at least 6-yds. (18-ft.) from the ball (outside of the center circle) until it is in play. Players on the team taking the kick-off may be within the center circle
 3. The ball is stationary on the center mark
 4. The referee gives the signal. Note: The game clock starts with the first touch, not the whistle
 5. The ball is in play when it is kicked and clearly moves in any direction
 6. The kicker does not touch the ball a second time until it has touched another player.
Note: If the kicker touches the ball again before it has touched another player, the referee should stop play and allow the kick-off to be retaken. If on the third attempt, the player taking the kickoff touches the ball again before it has touched another player, the referee should allow play to continue and notify the player's coach during a future stoppage in play, i.e. quarter break, halftime, etc.
 7. A goal may not be scored directly from a kick-off. If the ball enters the opponents goal directly from a kick-off, a goal kick is awarded to the opponents. If the ball enters the kicker's own goal, a corner kick is awarded.

B. Dropped Ball: A dropped ball is a way of restarting the match after a temporary stoppage, which becomes necessary, while the ball is in play

1. The referee drops the ball between two opposing players at the place where it was located when play was stopped
2. Play restarts when the ball touches the ground
3. The ball is redropped:
 - if it is touched by a player before it makes contact with the ground
 - if the ball leaves the field of play after it makes contact with the ground, without a player touching it
4. A dropped ball inside the goal area or penalty area takes place on the penalty area line at the point nearest to where the ball was located when play was stopped. A goal may be scored directly from a dropped ball

LAW 9: THE BALL IN AND OUT OF PLAY

A. 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

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

- it rebounds from a goal or corner flag post and remains in the field of play
- it rebounds from either the referee or an assistant referee when they are on the field of play

Note: The ball's position determines whether it is in or out of play; not the player's position.

The Ball in Play

In the case of free kicks outside the penalty area and corner kicks: The ball is in play when it is kicked and clearly moves. If after a free kick is in play, and the kicker plays the ball again before it has touched another player, an indirect free kick is awarded to the opposing team. This implies that, after the ball is placed for any of these restarts, and is touched with the foot, no matter how lightly, then it will move and is therefore in play. That said, coaches should train their players to place the ball for a free kick or corner kick on the ground with their hands, not their feet, before taking the kick.

LAW 10: DETERMINING THE OUTCOME OF A MATCH

A. A goal is scored when the whole of the ball passes over the goal line, into the goal. Match scores are not recorded. Season standings are not recorded

LAW 11: OFFSIDE

There is no offside called in 8U

LAW 12: FOULS AND MISCONDUCT

In the 8U division, an indirect free kick is awarded to the opposing team when a player commits any of the following offences in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent

- Strikes or attempts to strike an opponent
- Pushes an opponent

An indirect free kick is also awarded to the opposing team, if in the opinion of the referee, a player:

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- Holds an opponent
- Spits at an opponent
- Handles the ball DELIBERATELY
- Plays in a dangerous manner – including heading the ball DELIBERATELY
- Impedes with or without contact the progress of an opponent
- If after a free kick is in play, the kicker plays the ball again before it has touched another player

Note: Yellow or red cards shall not be shown in an 8U match. Referees will work cooperatively with the coaches to eliminate the need for cautions and send-offs.

LAW 13: FREE KICKS

All free kicks in 8U are INDIRECT Free Kicks: A goal may NOT be scored directly by the kicker, but must touch another player, teammate or opponent, before entering the goal. If an indirect free kick enters the goal without another player first touching the ball, a goal kick is awarded to the opposing team

A. For all free kicks:

- the ball must be stationary when the kick is taken.
- the player taking the kick may not touch the ball a second time until it has touched another player
- the kicker is allowed to kick the ball without waiting
- the kicker is allowed to kick the ball when opponents are closer than the required distance, unless the referee has told the kicker to wait until he or she signals
- If the kicker asks the referee to move opponents back (the kicker should NOT have to ask), the referee should instruct the kicker to wait for the referee's whistle before kicking the ball
- A player who tries to delay the taking of a free kick, or who runs toward the ball before it is kicked, must be warned

B. Free kicks awarded to the attacking team inside its opponent's goal area or penalty area shall be taken:

- from the nearest point on the penalty area line to where the infringement occurred
- with opponents at least 6-yds. (18-ft.) from the ball.

Note: Defenders may be in the goal area and/or penalty area, but not in the goal

1. The ball is in play when it is kicked and clearly moves. See Law 9, The Ball in Play

C. The kick is retaken:

- if an opponent is closer to the ball than the required distance
- if a free kick is kicked directly into the kicker's own goal

D. Free kicks awarded to the defending team inside its own penalty area shall be taken:

1. From where the infringement occurred
2. With opponents remaining outside the penalty area and at least 6-yds. (18-ft.) from the ball until the ball is in play. Teammates of the kicker may be within the goal or penalty areas
3. The ball is in play when it is kicked directly beyond the outer edge of the penalty area lines
4. A free kick awarded to the defending team inside its own goal area may be taken from any point within the goal area

E. If a free kick awarded to the defending team inside its own goal area or penalty area is kicked directly:

- into the opponent's goal, a goal kick is awarded to the opposing team.
- over the opponent's goal line without entering the goal or being touched by another player, a goal kick is awarded

F. For all free kicks taken by the defending from within its own goal or penalty area:, the free kick is retaken:

- if an opponent is closer to the ball than the required distance
- if the ball is kicked directly into the kicker's goal
- if the ball is kicked over the kicker's goal line before leaving the penalty area
- if the ball is not kicked directly beyond the penalty area
- if the ball is touched by another player (teammate or opponent) before leaving the penalty area

G. For all free kicks not taken from either goal area or penalty area:

- If the free kick is kicked directly out of play without being touched by another player, the normal restart (normally a pass--in) is awarded to the opposing team
- The kick is retaken if an opponent is closer to the ball than the required distance

LAW 14: THE PENALTY KICK

There are no penalty kicks in 8U

LAW 15: THE THROW-IN

- A. A throw-in is awarded:
- when the whole of the ball passes over the touchline, 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
 - A goal cannot be scored directly from a throw-in
- B. At the moment of delivering the ball, the thrower:
1. faces the field of play
 2. has part of each foot either on the touch line or on the ground outside the touch line
 3. uses both hands
 4. throws the ball with both hands from behind and over his or her head
 5. The ball is in play immediately upon entering the field of play
 6. The thrower may not touch the ball again until it has touched another player
 7. Defenders shall remain at least two yards from, and may not impede, the thrower

Advice to referees: If the thrower in a U-8 game throws the ball incorrectly -or- touches the ball again before it has touched another player, the referee should stop play and allow the throw-in to be retaken. If on the third attempt, the player taking the throw-in throws the ball incorrectly or touches the ball again before it has touched another player, the referee should allow play to continue and notify the player's coach during a future stoppage in play, i.e. quarter break, halftime, etc.

LAW 16: THE GOAL KICK

- A. 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.
- B. A goal may not be scored directly from a goal kick. If the ball enters the opponent's goal, a goal kick is awarded to the opposing team. If the ball enters the kicker's own goal after leaving the penalty area (e.g. a strong wind), a corner kick is awarded to the opposing team
- C. The ball is kicked from any point within the goal area by a player of the defending team
- D. Opponents must remain outside the penalty area until the ball is in play
- E. The ball is in play when it is kicked directly beyond the outer edge of the penalty area
- F. The goal kick is retaken:
- if the ball is not kicked directly into play (beyond the penalty area)
 - if the ball is touched by any player, including the kicker, before it is kicked beyond the penalty area
 - if the ball enters the kicker's goal before being kicked into play

LAW 17: THE CORNER KICK

- A. 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, and a goal is not scored
- B. The ball is in play when it is kicked and clearly moves. See Law 9, The Ball in Play
- C. A goal may not be scored directly from a corner kick. If the ball enters the opponent's goal, a goal kick is awarded to the opposing team. If the ball enters the kicker's own goal, a corner kick is awarded
- D. The ball is placed inside the corner arc at the nearest corner flag post
- E. The corner flag post is not touched or moved
- F. Opponents remain at least 6-yds. (18-ft.) from the ball until it is in play
- G. The ball is kicked by a player of the attacking team
- H. The kicker does not play the ball a second time until it has touched another player
- I. If the kicker plays the ball a second time before being touched by another player, an indirect free kick is awarded to the opposing team

LIGHTNING POLICY and PROCEDURES (adopted from AYSO Severe Weather Play National Policies and Associated Guidelines)

Regional officials, including the Regional Commissioner, Regional Safety Director, Age-group Coordinators and others involved with games and practice sessions within the Region will be aware of the possibility of lightning in the area. When thunder is heard, lightning is assumed to be within striking distance. The referee or other official will immediately suspend the game or practice session and all persons should seek shelter immediately. Activities may resume only when the

Regional Commissioner, the Regional Safety Director or designated agent gives the all-clear. In most cases, activities may be resumed when lightning or thunder has not been observed for thirty minutes. Refer to the AYSO Severe Weather Play National Policies and Associated Guidelines for more information.

Areas considered safe

- Inside a fully enclosed metal vehicle with windows up
- Inside a substantial building (roof and four walls)

Unsafe Areas

- Small buildings including picnic shelters and the open area of a concession stand
- Anywhere near metallic objects like flagpoles, soccer goals, metal bleachers, electric equipment
- Open fields, trees and water

Open area without shelter

- Avoid standing in groups
- Spread out to reduce risk
- Crouch on your feet, keep your head low
- Avoid being the tallest object
- Avoid lying on the ground

If a strike occurs to an individual

- Call 911.
- If you are qualified to do so, apply First Aid or CPR immediately.
- People struck by lightning do not carry an electrical charge and are safe to touch.

Restarting after the All-Clear

- Games which have completed the first half will be considered finished and the score at the time play was suspended shall be the final score.
- Games which have completed less than one half; the referee will resume by starting the second half, reducing the remaining time if necessary so that the match ends at the scheduled time.
- Games that cannot start within 15 minutes of the scheduled start time may be rescheduled.

Questions? Contact your Regional Referee Administrator