

## **U8 Reminders**

Players on the field: 4

Roster Size: 6

Game Length: Four 10 minute quarters, 2-5 minutes between quarters

Practices: 1 hour practice once per week

## **Rule Modifications for U8**

- No goal keepers
- Kick offs are only done at the 1<sup>st</sup> and 3<sup>rd</sup> quarter and after a score is made
- Throw in's for balls played outside of the touchline (side lines)
- Corner kicks
  - Occurs when a defensive player last touches the ball before crossing the end line (goal line)
- Goal kicks
  - Occurs when an offensive player last touches the ball before crossing the end line (goal line)
  - Ball placed inside the goal box
  - Any player on the team can kick in the goal kick
- Free kicks (usually given with a hand ball)
  - Explain the infraction to both teams
  - Ball is kicked at the point of infraction by the other team
- No heading the ball allowed
  - Penalty will be a throw in for the other team
- If one team is short a player, the other team is required to reduce their number of players by one on the field.
  - If agreed upon by both teams, the other team can provide another player to the team short players
- Player substitution takes place only after each quarter unless a player is hurt

## **Coach Modification**

- Coaches may enter the field of play to coach and referee