

# GYSA U8 Recreational Game Rules

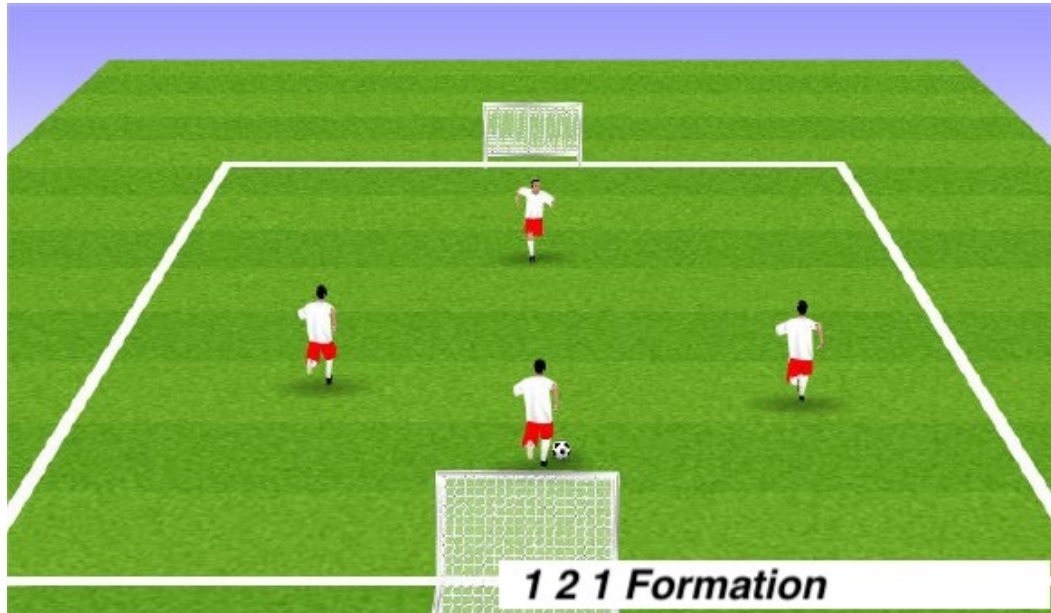
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**Field Dimensions:** 30 x 20 yard field. The goals are four feet high and eight feet wide.

**Game Play:** Four 12-minute quarters with a 5-minute halftime break.

**Number of Players:** 4 vs. 4 w/ NO GOALKEEPERS.

**No Goalkeepers:** Coaches are strongly encouraged to have defensive players remain in the same 2/3 of the field as the ball. All players need to be encouraged to be involved in active play and not simply positioned in front of the goal to prevent scoring.



**Substitutions** Each player must play half of each half (one quarter each half). Substitutions during a half are allowed on restarts (after a goal, goal kick, or pass in by your team) with coach/ref permission. –

Quarter System may be applied by coaches: sub entire bench each quarter. Substitutions should take place after 1<sup>st</sup> quarter, halftime, and after 3<sup>rd</sup> quarter; unless a player is hurt, ill, or simply demands to come out of the game.

**Equipment** – Size 3 ball. Players must wear shin guards covered by socks and cleats/tennis shoes (deemed safe for soccer). Players may not wear any jewelry, watches, casts or anything else considered to be dangerous.

Uniform: Home team is required to wear dark colored jerseys.

**Starts & Restarts** – pass-offs, pass-ins, goal kicks, corner kicks, and free kicks are all Indirect Free Kicks. The coach indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

A goal can be scored only if the ball subsequently touches another player before it enters the goal:

- if an indirect free kick is kicked directly into the opponent's' goal, a goal kick is awarded.
  - if an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team
- The ball must be touched and move before it is considered in play.

## Kick-off Procedure

- all players must be in their own half of the field of play
- the opponents of the team taking the kick-off are at least 6yds from the ball until it is in play
- the ball must be stationary on the center mark
- the coach gives a signal – READY, PLAY!
- the ball is in play when it is touched and moves
- Ball can be passed in any direction on kick-off
- the kicker must not touch the ball again until it has touched another player
- You cannot score directly from a kick off (ball must be 100% over the mid-line to be considered on the offensive half of the field). Ball must be touched and move for it to be in play.
  - If the player taking the kick-off touches the ball again before it has touched another player:
- an indirect free kick is awarded to the opposing team to be taken from the position of the ball when the infringement occurred
  - In the event of any other infringement of the kick-off procedure: the kick-off is retaken

**Pass-Ins** - Ball must be placed on or outside of the touchline, completely stopped. Pass-ins must be touched and move for it to be in play.

**Goal Kicks** may be taken from any point of the end line. Goal Kicks must be touched and move for it to be in play. The defensive team will be behind the half line until the ball is restarted. (This builds confidence for our players to play out of the back.)

- If the attacking team is the last to touch the ball as it passes the opponent's end line, goal kick for defending team.
- If the defending team is the last to touch the ball across their defensive end line, corner kick from attacking team, at adjacent corner (corner kick).

**Corner Kicks** will be taken in the corner closest to the point that the ball exited the goal line. Corner kicks must be touched and move for it to be in play.

**Free Kicks** are awarded to the opposing team if a player commits any of the following offences:

- 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
- tackles an opponent
- plays in a dangerous manner
- impedes the progress of an opponent
- holds an opponent
- spits at an opponent
- handles the ball deliberately

The ball must be stationary when the pass is taken and the passer must not touch the ball again until it has touched another player.

**6 Yard Rule:** In all dead-ball situations, defending players must stand at least 6 yards away from the ball.

**Goal Scoring:** A goal may only be scored from a touch (offensive or defensive) within the team's offensive half of the field. The ball must be completely on the offensive half of the field, and cannot be touching the mid-line (Example: kick-off). If a player in their defensive half kicks the ball across the midline and the ball hits another player (offensive

or defensive) and the ball goes in the goal, a goal will be awarded. If a ball is kicked from the defensive half and is not touched before the ball rests in the goal, a goal kick is awarded to the defensive team.

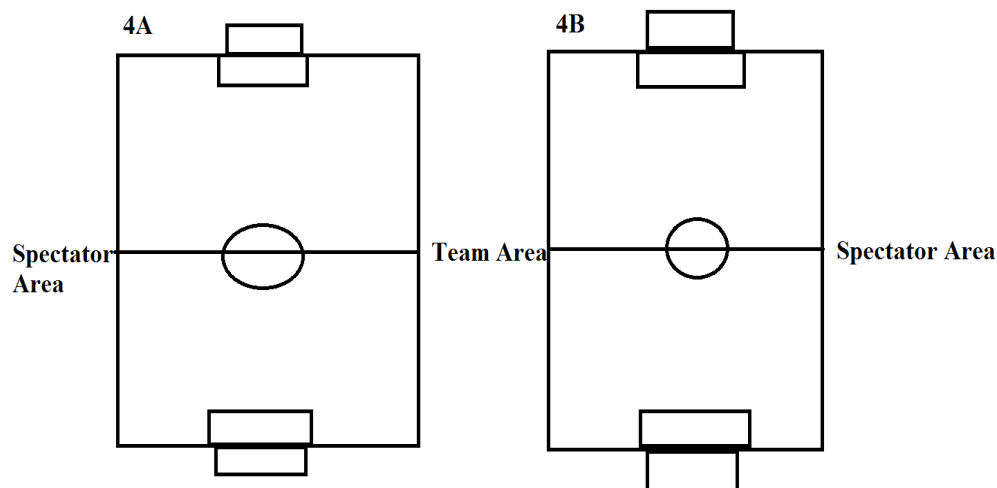
### **No Off-side's rule in 4v4 Soccer!**

**No Referees:** The coaches will direct free kicks for all fouls. Coaches are encouraged to explain the infringement to their players. Coaches should focus on their half of the field occupied by their team sideline area. Referees may be introduced later in the season.

**No Slide Tackling:** if a player is sliding, No contact is allowed. If a player slides and contact is initiated or the slide is considered dangerous, a free kick shall be awarded. This does not prevent players from sliding to stop/intercept a ball where contact is not initiated during the slide. Example: a player may slide to save a ball from going out-of-bounds.

**Seating Areas** – All substitutes and coaches should be in the area between the two U8 fields (Team Area). Everyone else is to be seated on the opposite side of the field (Spectator Area). No one should be seated or standing behind the end (goal) lines. Parents should not be on the field during the game, unless called upon by coach or referee.

### **U8 Field Layout**



### **Coaching Game Suggestions:**

- When a team does not have enough players, the coaches should get together and mix the teams up. This will make the games fair and remain fun for all the kids. There is no time during the games that a team should be playing with fewer players on the field. These young age groups are about having fun and player development, not winning.
- Sometimes we have games where one team is scoring lots of goals and dominating play. It is suggested that the teams halt play and mix up so that every kid can enjoy the soccer experience. There is no need to win 10-0; it does not build confidence but turns players away from the game of soccer. Our objective is for kids to play soccer not quit because they are not having fun.
- If you are designating a defensive player, they should be encouraged to move away from the goal and up the field with the rest of the team that is attacking their opponent's goal.

- This provides support for his teammates in attack, while at the same time causing more pressure on the other team by compressing the space that the other team is allowed to have on the field.
- Since Restarts (pass-ins, goal kicks, corner kicks and pass-offs) are all indirect free kicks, this will be a great moment to emphasize passing to a teammate.
  - Passing to a teammate will allow different parts of the game to be emphasized such as technique on passing, finding space (spreading the field), good runs, penetrating passes, etc....

#### **Why Pass-ins instead of Throw-ins?**

- The ball is played the majority of the time at the player's feet. By spending more time with the ball at the feet, the better the player will be controlling the ball with his/her feet.
- Physiologically, most U8 players cannot read a ball in the air. They will react to, instead of reading the flight of the ball. By placing the ball on the ground, the player passing the ball in gets to work on passing technique, spatial awareness, and anticipating their teammate's movement. The teammates on the field will learn receiving techniques, spatial awareness, and proper runs.