



# AYSO Region 111

## 7U/8U Guidelines

|                                 |   |
|---------------------------------|---|
| <b>FIELD OF PLAY:</b>           | Length (yards) - 25 to 35<br>Width (Yards) - 15 to 25<br>Center Circle Radius (Yards) - 8<br>Goal Size Max Height/Max Width (Feet) 4 by 6   |
| <b>SIZE OF BALL</b>             | 3   |
| <b>COACHES' TECHNICAL AREA:</b> | Coaches' technical area is 4 yards from either side of the midline<br>Coaches' are not allowed on the pitch to coach<br>Coaches' not allowed to coach from behind the goals<br>Coaches' must coach from their technical area<br>If you have more than two certified coaches on your team, only two coaches are allowed to coach on game day. Please alternate |
| <b>Goalkeeper:</b>              | No Goalkeeper at 7U/8U<br>No Goaltending (Don't have a player sit in the goal)  |
| <b>The Players:</b>             |   |
| Number:                         | Four per team on the Field (4v4)<br>No Goalkeepers for 7U/8U (Do not have a player sit in the goal)<br>A maximum of 6 players on a roster   |
| Substitutions:                  | Between periods, at halftime and for injuries.  |
| Playing Time:                   | No player should play four periods until everyone has played three.   |
| Teams:                          | Separate girls and boys teams should be promoted at all levels of play.   |
| <b>Player Equipment:</b>        | Shoes and shin guards must be worn at all practices and games.<br><b>Shin guards must be covered by the socks.</b> Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. NO BASEBALL CLEATS.   |



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Note: No Earrings allowed, not even if they have a bandaid covering them.

- Duration of Game:** Four 10-minute periods. Halftime break of 5 minutes. The midtime half (quarter breaks) is for quick water and substitution. The clock does not stop for the mid time substitution.
- 8U Officials:** An AYSO certified 8U Officials or higher are required for 7U and 8U games.
- The Start of Play:** The game should be started with a kick-off in the middle of the field. (No Goal Can be Scored Directly from the Kick-Off. Another Player must touch the ball before a goal is scored)
- The Coin Toss / Kick-off:** A coin toss is used to determine which side of the field the team wants to defend (winner of toss). The visiting team gets to call heads or tails when the coin is tossed. The other team gets to kick off to start the game. After the Halftime, teams switch sides and the other team kicks off to start the second half. Opponents must be eight yards from the center mark until the ball is kicked. No Goal is scored from the kick-off. Another Player must touch the ball before a goal is scored.
- Ball In and Out of Play:** The ball is out of play in all age group games when it completely crosses the touch line (side line) or goal line (end line), either on the ground or in the air.
- 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.
- Notes:



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- 1) No Goal is scored from the kick-off (Another Player must touch the ball before a goal is scored)
- 2) No Goal is scored from a direct pass in (Another Player must touch the ball before a goal is scored)
- 3) No Goal is scored from a direct goal kick (Another Player must touch the ball before a goal is scored)
- 4) No goal is scored from your side of the field (Another Player must touch the ball before a goal is scored)

**Fouls:** The opposing team must be at least ten feet from the ball when free kicks are taken in 7U/8U games.

**Free Kicks:** All free kicks in 7U/8U are indirect kicks. Opponents must be at least ten feet from the ball or on the goal line between the goal posts during free kicks.

**Offside:** No offside in 7U/8U. **Also, there is no cherry picking either.**

**THROW-INS:**

- 1) No throw-ins (throw-ins will begin at 9U)
- 2) Throw-ins are replaced with kick-ins (**NO dribble-ins at 6U and 7U/8U**). Opponents should be ten feet from the ball.
- 3) No goals can be scored on a direct kick-in. Another player must touch the ball before a goal is scored.

**Goal Kick:** A goal kick is awarded to the opposing team, in 7U/8U and older, when the attacking team is last to touch the ball before it crosses the goal line but without scoring a goal. The goal kick may be taken from any point on the Goal Line and passed to a teammate. The opposing team must retreat toward the Half Line at the middle of the field from the ball when the goal kick is taken in 7U/8U games. No goals can be scored from a goal kick



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### Corner Kick:

A corner kick is awarded to the opposing team, in 7U/8U and older, when the defending team is last to touch the ball before it crosses the goal line but not scoring a goal. The opposing team must be at least ten feet from the ball when the corner kick is taken in 7U/8U games. A Goal can be scored from a direct corner kick.

### Hand Ball:

A hand ball infraction occurs when a player handles the ball **DELIBERATELY**. The 'hand' includes the entire arm up to the top of the shoulder. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (ball striking hand or arm with no intent by the player) is not an offense and should not be penalized.

### No Heading:

Consistent with the US Soccer mandates on heading the ball, heading is banned for all division 11U (12U and below for programs without single age divisions) and below in both practices and matches. An indirect free kick will be awarded to the opposing team if a player deliberately touches the ball with his/her head during a match (taken where the player touched the ball with his/her head).