



AYSO Region 111

8U Guidelines

FIELD OF PLAY:	Length (yards) - 25 to 35 Width (Yards) - 15 to 25 Center Circle Radius (Yards) - 5 Goal Size Max Height/Max Width (Feet) 4 by 6
SIZE OF BALL	3
COACHES' TECHNICAL AREA:	Coaches' technical area is 5 yards from either side of the midline Coaches' are not allowed on the pitch to coach Coaches' not allowed to coach from behind the goals Coaches' must coach from their technical area If you have more than two certified coaches on your team, only two coaches are allowed to coach on game day. Please alternate
Goalkeeper:	No Goalkeeper at 7U/8U No Goaltending (Don't have a player sit in the goal)
The Players:	
Number:	Five per team on the Field (5v5) No Goalkeepers for 7U/8U (Do not have a player sit in the goal) A maximum of 7 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.
Player Equipment:	Shoes and shin guards must be worn at all practices and games. Shin guards must be covered by the socks. 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 band aid covering them.

- Duration of Game:** Four 10-minute periods. Halftime break of 5 minutes. The mid time half (quarter breaks) is for quick water and substitution. The clock does not stop for the quarter breaks (water/substitution breaks).
- 8U Officials:** An AYSO certified 8U Officials or higher are required for 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:**
1. The team that wins the toss of the coin decides which goal to attack in the first half **OR** to take the Kick-off
 2. Depending on the above, their opponents take the Kick-off **or** decide which goal to attack in the first half
 3. The team that decided which goal to attack in the first half takes the Kick-off to start the second half.
 4. The teams change ends of the field for the second half and attack the opposite goals
 5. After a team scores a goal, the restart is a KO and is taken by the team that was scored upon
 6. The team not kicking off has to be 5 yards from the center mark



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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:

- 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 kick-in (Another Player must touch the ball before a goal is scored)
- 3) No Goal is scored directly from a goal kick (Another Player must touch the ball before a goal is scored).
- 4) Goals cannot be scored from your own half of the field.

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.



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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 be 10 feet from the ball when the goal kick is taken in 7U/8U games. No goals can be scored from a goal kick.

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).