



U8 Guidelines

Lakeside AYSO Region 234 – Spring 2018

The U8 practice consists of one 60-75 minute session per week.

The Field:

The recommended field size for U8 games is 25-35 x 15-25 yards wide.

The Markings:

Distinctive lines recommended.

- **Halfway line** the width of the field, marked equidistant between the goal lines.
- **Center circle** with a maximum eight-yard radius in the center of the field.
- **Corner arcs** with a one-yard radius at each corner of the field.
- **Goal area** in front of each goal measuring maximum 3 x 6 yards.
- **Build-out line** runs across the field between the top of the goal area and halfway line.

The Goals:

Goals should be maximum 5 feet high and 10 feet wide.

The Ball:

A size 3 ball is used for U8 games.

The Players:

- **Numbers:** Six per team on field; No goalkeepers. Eight maximum on roster.
- **Substitutions:** Between quarters, at halftime and for injuries.
- **Playing Time:** Minimum of two periods per game and no player should play four periods until everyone has played three.
- **Teams:** Teams will consist of both boys and girls. Only players should be allowed on the field; with the exception of a coach from each team to manage the game.

Player Equipment:

Shoes and shinguards, covered by the socks are mandatory at all practice and game activities. 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.

Duration of Game:

Four 10 minute periods. Half time break of 5 minutes and Quarter break of 1 minute.

Official:

There is no need for fully qualified referees to manage U8 games. Both coaches should share this duty or have a parent volunteer "officiate" allowing you to coach. Let the players have the freedom to play with minimum interruption. The official should briefly explain any infringements to the player(s) and encourage proper play and sporting behavior. As with all games, every effort should be made to keep the game moving and free from stoppages for doubtful infractions. Let them play and enjoy.

The Start of Play:

The game should be started with a kick-off in the middle of the field.

The Kick-off:

A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Opponents must be eight yards from the center mark while kick-off is in progress. The winner of the coin toss chooses which goal to attack.

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, in all age groups, is awarded when the ball completely crosses the goal line into the goal.

Fouls:

The opposing team must be at least ten feet from the ball when free kicks are taken in U8 games. The following, if done deliberately, are the fouls most likely to occur in U8 games: kicking, tripping, pushing, holding, handling the ball and dangerous play. Officials must remember that there is no need to stop play for technical violations that do not interrupt the flow of the game. It's a player's game and not a game of how many infractions can be identified, so keep the fun going and let them play.

Misconduct:

Misconduct should be rare in U8 games. There is no need for the public cautioning and sending off of young players (leave the red and yellow cards at home). Officials should work cooperatively with the coach when a player may need a 'time out'.

Free Kicks:

All free kicks in U8 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. Free kicks awarded to the attacking team inside the defending teams goal area are to be taken from the nearest point on the goal area line parallel to the goal line.

Offside:

No offside. Players should be continuously reminded by coaches to avoid offside positioning on field.

Throw-In:

Consistent with the AYSO National Rules & Regulations there is to be no throw-ins for U8 and younger and have been replaced with Kick-ins (Pass-ins). Training for throw-ins will start with U10.

Kick-ins (Pass-ins):

A kick-in is awarded to the opposing team when the attacking team is last to touch the ball before it crosses the touch line. The kick-in is to be taken from the point where the ball crossed the touch line. The opposing team must be ten feet away from the kick-in location.

Goal Kick:

A goal kick is awarded to the opposing team, in U8 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 inside the goal area. The opposing team must be behind build out line when the goal kick is taken in U8 games.

Corner Kick:

A corner kick is awarded to the opposing team, in U8 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 U8 games.

Deliberately Handling Ball:

This infraction occurs when a player handles the ball deliberately. This includes the hand and entire arm up to the top of the shoulder. Accidental contact (ball striking hand or arm with no intent by the player) is not an offense and should not be penalized.

Build-Out Line:

- The build-out line promotes playing the ball out of the back in a less pressured setting.
- The build-out line shall be placed across the field between the top of the goal area and the halfway line.
- The opposing team must move back behind the build-out line for a goal kick.
- Goal kick must be kicked across build-out line to be in play. After the ball is put into play, the opposing team can cross the build-out line and play may resume as normal. Goal kicks not crossing build-out line shall be retaken.

No Heading:

Consistent with the US Soccer mandates on heading the ball, heading is banned for all division U11 (U12 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).

