



LYA Soccer U8 Game Format and Rules of Play

FORMAT

- Field size 15-25 yards wide by 25-35 yards long
- PUGG or similar goal at each end no larger than 4 feet high by 6 feet wide
- Size 3 soccer ball
- 4 v 4 no goalkeepers. Each “team” splits in half on game day as per below guidelines
- Length of game is 4 periods 10 minutes each with a 2 minute break in between each period
- Clock runs and does not stop until the end of each period or break
- Regardless of when a game starts, each game must finish at least 2 minutes before the next game starts and games are generally spaced ONE HOUR apart^

^coaches encourage players to arrive 15 minutes before game time to get sorted. Players at this age do not need a warmup or dynamic stretching before they play

RULES OF PLAY

- No OFFICIAL referee
- Coaches remain on sidelines where possible. Coaches work together to “officiate” the game with one coach “officiating” each half of the field. Alternative: choose one Coach to “officiate” both sides each period and switch each period.
- Play begins with one team touching the ball in the center circle with all other players outside the circle. This is the same restart after a goal is scored. Players can move once the ball is touched.
- Substitute players at any time during play or stoppages. Limit substitutions to TWICE per period where possible to keep play moving. Exceptions are made for players that request a sub for injury
- No offsides is called. No penalty kicks will be awarded
- Goal kicks and corner kicks should be taken in the vicinity of the respective goal or corner
- No handling, No heading, No slide tackling is permitted. These are considered “infractions” and play should stop and, if necessary, the Coach explain the infraction.
- Tackling is not allowed and is an infraction
- There will be some pushing when players come together to get the ball. If a player pushes another player without attempting the play the ball or attempts to push another player to the ground, this is an infraction.
- Restarts after infraction: the other team is awarded the ball at the spot of the infraction. All restarts are Indirect kicks (meaning it may not be kicked directly into the goal) or you may restart with a player dribbling the ball into play
- On ALL restarts ALL players except the player with the ball should be 5 GIANT steps away from the ball
- Out of bounds. Technically, the entire ball must cross the line to be out and **keep the play going if the ball is close to minimize stoppages**. Restarts on out of bounds: team awarded the ball place the ball near the spot the ball went out of play and begin play by dribbling or passing the ball back into play. Coaches encourage quick restarts to keep play moving.

COACHING GUIDELINES:

- Coaches’ priority is safety, fun and development of ALL players on the field, not just the players on their team
- No coaching on the field. Please limit in-game coaching to substitutions and encouraging players to get more involved in the play when necessary
- Discourage goaltending and keep players out of the box lined in front of each goal
- Encourage freedom of movement and do not restrain players to one half of the field



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GAME DAY FIELD SETUP:

On game day, there will be two fields set up for the two teams. Each team will split their squads into two with half of their players playing on Field 1 and half of the players playing on Field 2. There will be two games of 4 v 4 taking place simultaneously. See below diagrams:

FIELD 1



FIELD 2



When splitting the squads, please take the following approach to maximize the players' enjoyment:

- Each team place their **TWO MOST COMFORTABLE** players on Field 1.
- Each team place their **TWO LEAST COMFORTABLE** players on Field 2.
- The balance of your players could play on either field

COMFORT can be measured by factors including a player's speed, agility, size, technical skill, aggressiveness, and awareness.

This may be difficult to discern in WEEK 1 and it will be a fluid process. Just because a player stands out on Day 1, does not keep her on Field 1 for the season. You will see some players make remarkable strides in a short amount of time. Coaches work together to make the teams as even as possible.

What Happens When One Team Has Less than 8 Players?

- If the One Team has less than 8 players and the Other team has more than 8 players, you may share a player or players to even out teams
- If both teams have 7 or fewer players on game day, you may play one game of 4 v 4 soccer
- At no time should a 5th player be added to the field during play

Coaches please work together to keep players MOVING and ENGAGED and make it FUN