



Greenfield Area Soccer Club – TigersFC Recreational League



## 8U COED Strikers FC Academy Juniors Division Rules

Revised: October 2019

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**Number of Players:** 5v5

**Registration:** All players must have completed registration with the Tigers FC Recreational soccer program.

**Equipment:** During cold weather, league shirt must be shown over garments.

- Shin guards are mandatory, Socks over shin guards
- Size 4 ball.
- League shirt
- Cleats are recommended (no baseball cleats). Tennis shoes are allowed
- **No jewelry of any type.** Soft (non-metallic) sweatbands, rubber bands, scrunches are allowed. No metal hair clips.
- Water to drink

**Field Dimensions:** 45 yds. X 35 yds.

**Goal Dimensions:** 4 ft. x 6 ft.

**Game Duration:** Four (4) x 12 minute quarters. One (1) minute breaks. Five (5) minute (max) half-time.

**Game Rules: (all rules will conform to FIFA, except where the league has instituted changes)**

- Unlimited substitution with referee's permission. Player must be at the center line at the time of stoppage of play for substitution.
  - Prior to a throw-in by either team
  - Prior to goal kick by either team
  - After a goal by either team
  - After an injury on either team when referee stops play
  - At half time and quarter breaks
- No offside
- Throw-ins occur when ball goes out of play over the touchline. Second tries will be given for the first three games.
- Goal kicks or corner kicks occur when ball goes out of play over the goal line without scoring a goal.
- Goal kicks – Defending team must be past center line prior to kick in.
- EIGHT YARD RULE. Start of play and Free kicks will take place with all players at least 8 yards away from the ball.
- No goalies
- Each successive quarter should alternate kick off from team to team.
- THERE SHALL BE NO ROUGH AND OUT OF CONTROL PLAY
- All players shall not engage in heading in practice or in games.
  - If a player deliberately heads the ball, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the infringement. An indirect free kick awarded inside the goal area must be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

**Referees:** Center referee will be assigned. Coaches and assistant coaches may referee their own games if an assigned referee is not available. No linesmen will be used. In the case of no referee, the kickoff's team's coach shall do the first and third quarters. The receiving team's coach shall do the second and fourth quarters.