

Highlands Ranch Soccer Association 5v5: U8 Rules of Play

Modified Rules per CSA Guidelines – Fall 2016 (modified 8/19)

- **No punting** – if the goalkeeper punts the ball they will receive a warning and allowed an opportunity to throw or pass the ball into play. If this occurs a 2nd time with the same Goalkeeper an indirect free kick will be awarded on the edge of the goal area parallel to the infraction.
- **No heading** – indirect free kick given to the opposition if player deliberately heads the ball from where the infraction occurred. If the ball accidentally hits someone's head play should continue. If a defender heads the ball in their own penalty area the opposing team shall be awarded an indirect free kick on the edge of the goal area parallel to the infraction.
- **Build Out Lines** – Players will be asked to retreat past the build out line when the GK has the ball in their hands and also when they have a goal kick. This is to support playing the ball out from the back and to encourage players to receive the ball with more time and less pressure. **Opposing team players can cross the build out line once the ball has been released (pass or throw) from the Goalkeeper. Players can now receive the ball in their own penalty area.**

Field Dimensions

- The field of play is rectangular with the length being 45-50 yards and the width being 30-35 yards

Field Markings

- The field markings include for the first time a penalty area. The goalkeeper can use their hands within this area, they are allowed to leave the area but can only use their feet once outside.

Size of the Goal

- 6 feet tall by 12 feet wide

The Ball

- U5 – U8: Size 3 ball

Number of Players

- U8: Teams play with 5 players on the field for each team with 1 player being a goalkeeper. A recommended maximum of 9 - 10 players on the roster. We strongly encourage that goalkeepers are rotated through the entire team; this allows every player an opportunity to play in goal, especially for the fall season.

All players must play at least 50% of all games, equal playing time is encouraged.

Duration of the Game

- The game is divided into two 20 minute halves with a 5 minutes halftime.
- Players and coaches are encouraged to arrive at least 20 minutes before the game. Preparation for the game becomes more important as players mature.

Substitutions

- Substitutions are allowed on any stoppage of play. We recommend the coach allows the players to get into the flow of the game and not substitute every 5 – 6 minutes. This also helps ensure players get to play the required playing time.

Fouls and Infractions

- In the event that a player commits a foul such as hand ball, push or any other infraction. We recommend that the referee give the player positive and calm feedback before considering calling a foul on a small child. But, in the event that a foul is called, all free kicks will be indirect (must touch another player before a goal being scored or the kicker can touch the ball again). There are no penalty kicks or direct free kicks for 5v5 teams.
- Soccer is a contact sport; players are allowed to make shoulder to shoulder contact within close proximity of the ball.
- No players at these young ages maliciously or intentionally foul each other. Fouls that are committed (tripping, colliding, and pushing) are mainly due to the lack of body awareness and control.

Ball in and out of play

The ball is out of play when the entire ball crosses over a touch line, whether it is on the ground or in the air.

- All restarts are indirect.
- **Throw in's:** Awarded to the opponents of the player who last touched the ball before leaving the sideline. When taking a throw in players should ensure that both hands are on the ball and it is behind their head. Players must keep both feet on the ground prior to throwing in the ball. If a player throws the ball incorrectly they shall be given a 2nd opportunity by the referee. The referee is encouraged to provide feedback to the players to ensure it is a positive learning experience.
- **Goal Kicks:** Taken by the defending team after the ball has crossed the goal line after being touched last by the attacking team. The kick may be anywhere inside the penalty box. **Players are allowed to be in the penalty area to receive the ball.** The defending team must retreat past the build out line to allow some success for the attacking team when restarting the play.
- **Corner Kick:** When the defending team kicks the ball out over their own goal line. The ball will be placed within 1 yard of the corner to restart. The defending team must retreat at least 5 yards back from the corner until the ball is back in play.

Offside

- U5 – U8: There are no offsides.

Scoring

- Scores will not be published at these age groups. However the coaches should report the scores to the Littleton SC office through the recommended format provided by LSC administrators. The scores are used to appropriately flight teams to try and ensure fair and balanced games.
- In the event that one team is ahead by 5 or more goal differential, the losing team has the option to add an extra player to the field. If the goal differential becomes 3 goals, the losing team must remove the additional player. This rule is intended to provide a balance if teams are flighted inappropriately.

Practices

- U8 teams will practice twice a week for 60 minutes.

Uniform

- **U7:** Highlands Ranch Soccer Association uniform provider is soccer.com. Players are required to wear the official Highlands Ranch Soccer Association uniform, previous style uniforms are accepted. Individual teams cannot wear tank tops, t-shirts with team names or other modified jerseys.
- The uniform consists of a Royal and White shirt, black shorts and white or black socks.
- Home team wears royal and away team wears white.
- For safety reasons players should not wear uniforms with their name printed on it.
- Following items are NOT permitted:
 - 1) Hair control devices with hard parts.
 - 2) Jewelry of any sort including earrings.
- Following items are CONDITIONALLY permitted:

- 1) Religious medals or medical tags which are taped to the body.
 - 2) Splints, casts, braces or other joint support devices that, on both coaches opinion are not dangerous and/or are padded with pliable material to eliminate the dangerous condition, e.g. bubble wrap.
- Footwear, molded soccer cleats are recommended or tennis shoes (sneakers) Sharp edges are not allowed, e.g. baseball cleats with metal parts.
 - Shin guards are mandatory during all games and practices. Shin guards are to be worn underneath socks and NOT over the top of them.

General Rules

- **Goalkeepers:** There are some unique rules pertaining to GK's that will take a while for the players to get used to. They cannot pick the ball up from an "intentional" back pass from their own player, they must use their feet to pass or clear the ball. If this occurs the referee will explain to the GK the rule but give the GK an indirect free kick. Leniency will be allowed during the early part of the fall season, an indirect free kick will be given against the GK in the spring season in preparation for U9 soccer. GK's should try and put the ball back in play within 5-6 seconds from open play by either throwing or passing the ball, there will be leniency with this rule when waiting for opposing players to retreat past the build out line. GK's can choose to put the ball back in play immediately (before players retreat to half way line) and opposing players will be able to pressure the ball once it has been released by the GK.
- **Coaches:** At U8 coaches will refrain from entering the field during the course of play at all times. If a player is injured the coach can enter the field of play to help the player after the game has been stopped by the referee.
- **Referees/Facilitators:** Referees are essentially there to "facilitate" the game. The home team provides the referee; the referee should have attended the U8 Referee training class to fully understand the rules. Each team is encouraged to send 2-3 volunteers.
- **Parents/Spectators:** All spectators should remain on the spectator sideline during the games. Coaching or helping the players and in particular the GK from behind the goal is not tolerated. Players will learn and understand the game through their own experience and mistakes. Making a mistake is encouraged as it allows the players to learn from that experience. Excessive yelling aimed at players, coaches and referee's will not be tolerated.
- Half time and end of game snacks are encouraged; parents should rotate responsibilities to provide these.
- Coaches and players of BOTH teams will sit on the same side of the field. Spectators (parents, grandparents etc.) should sit on the opposite side of the field.
- Highlands Ranch Soccer Association is very proud of its history and tradition of good sportsmanship from its players, coaches and parents. Each person shall abide by the player, coach and parent code of conduct.

Highlands Ranch Soccer Association.

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