



MANUAL

U7 & U8 Age Group 5v5 Rules of Competition

Law I-The Field:

- A. Dimensions: 35 yds x 50 yds
- B. Markings:
 - 1. A halfway line shall be marked out across the field.
 - 2. Center Circle: 5 yd radius.
 - 3. Corner Arcs: 2 ft radius.
 - 4. Goal Area: 3 yds from each goal post and 3 yds into the field of play joined by a line drawn parallel with the goal line.
 - 5. Penalty Area: 12 yds from each goal post and 12 yards into the field of play joined by a line drawn parallel with the goal line.
- C. Goals: 6 ft high x 12 ft wide.

Law II-The Ball: Size 3.

Law III-Number of Players:

- A. Maximum number of players on the field at one time is 5 including the goalkeeper.
- B. Maximum number of players on the roster should not exceed 12.
- C. Substitutions: Anytime the ball is out of play with the permission of the Referee or Game Official.
- D. Playing time: Each player SHALL play a minimum of 50% of the total playing time.
- E. Teams and games may be coed.

Law IV-Players Equipment: Conform to FIFA with the following exception:

- A. Footwear: Tennis shoes or soft-cleated soccer shoes.
- B. Shinguards are mandatory.

Law V-The Referee:

- A. One Referee
- B. Opposing club Coaches can act as referees.

- C. All rule infractions shall be briefly explained to the offending player.

Law VI-Linesman: Not Necessary

Law VII-Duration of the Game:

- A. Four 10-minute quarters.
- B. Two minute break after 1st and 3rd quarters
- C. Five minute break between halves.

Law VIII-The Start of Play: Conform to FIFA, except opponent must be 5 yards from the center mark while kick-off is in progress.

Law IX-Ball in and Out of Play: Conform to FIFA.

Law X-Method of Scoring: Conform to FIFA

Law XI-Off-Side: No offsides.

Law XII-Fouls and Misconduct: Conform to FIFA with the following exceptions:

- A. All fouls result in an indirect free kick with the opponent 5 yards away.
- B. The referee/coach/parent must explain ALL infractions to the offending player.

Law XIII-Free Kicks: All are indirect. Conform to FIFA with the following except opponent must be 5 yards away before kick is allowed.

Law XIV-Penalty Kicks: No penalty kicks.

Law XV-Throw-In: Conform to FIFA except the opponent must be 5 yards away from the ball.

Law XVI-Goal Kick: Defending team retreat to half way line (*see addendum). Build-Out Line is halfway line.

Law XVII-Corner Kick: Conform to FIFA except Opponents must be five yards away from the ball.

*See addendum on page 2



Addendum for Heading, Punting and the Build-Out Line

1. No deliberate heading of the ball at U8, U10 and U12.

a. Restart on any infraction of this rule will be an Indirect Free Kick at spot of deliberate header

2. No Punting is allowed in the 8U and 10U age groups. Punting is permitted in U12.

a. Restart on any infraction of this rule will be an Indirect Free Kick at the spot of the punt

3. A build-out line will be implemented for all matches in the U8 and U10 age groups

a. All opposing players must retreat behind the build-up line on:

i) all goal kicks.

ii) In the event goal keeper has the ball in their hands following a save, it will be the goalkeeper's team's option to have the attacking team fall back to the break out line. If the goalkeeper's team chooses not to wait and distributes the ball prior to the attacking team falling back behind the break out line, it is now a live ball for either team.

b. Once all opposing players have retreated behind the build-up line the Goalkeeper may then distribute the ball to his or her teammates.

c. Once the goalkeeper distributes the ball the opposing team may cross the build-up line to defend.

d. Restart on any infraction of this rule will be an Indirect Free Kick from the spot where the opponent illegally crossed the build-up line

4. The build-out line also serves as an offside line for U10's. Attackers cannot be penalized for an offside offense between the halfway line and the build-out line.

5. No offside for U8's.