

AYSO REGION 678  
7U & 8U Rules Summary  
And Referee Duties  
(updated 7/11/2018)

**PURPOSE OF PROGRAM:** To begin to develop children as soccer players in a FUN non-competitive environment.

**SPECTATORS:** The home team is listed first in the schedule and sits on the north or west side of the field. The Visiting Team must sit on the opposite side of the field (no exceptions). No one is to be behind the goal lines unless silently taking pictures.

**UNIFORMS:** Shin guards must be worn by all players. If there is a color conflict with jerseys, the HOME team is responsible for obtaining and wearing pinnies from the equipment shed.

**EQUIPMENT:** Inspect the field to be sure there are no holes, exposed sprinkler heads, broken glass or anything that might pose a danger. Fix anything you can. Inspect the players to be sure they have no wristwatches or jewelry (specifically no earrings – not even if they are taped). Players may not participate while wearing a hard cast or splint. No baseball type caps with firm brims. Elastic hair ties and ribbons are okay. Barrettes and metal hair pins are not. Shin guards must be worn under the socks.

**GAME LENGTH/TIME:** Coaches are responsible for keeping time. Matches will be 40 minutes consisting of four 10 minute quarters. Quarter breaks shall be 1 minute. Allow 5 minutes for a halftime break and be sure the kids get fluids. If it is very hot, it is permissible to shorten the games as long as both coaches agree.

**BALL:** Get a ball from the home team (the first team listed in the schedule). It should say Size 3 on it somewhere. Pick one that is neither too soft nor too hard. Push on it with your thumbs. You should be able to deflect the ball about ¼ inch. Play with the best ball you can find.

**PLAYERS:** There will be 4 players per team on the field. There are no goalkeepers in 7U or 8U.

At 7U kids get tired (or bored) easily. Therefore coaches can substitute players at will, ideally at a stoppage in play. Periodically count the players on the field to be sure each team has the correct number and adjust as necessary. At 8U age, coaches can substitute players only at quarter and half time breaks.

**KICK OFF:** The game begins with a kick off. The home team will kick off to begin the game. The ball is placed in the middle of the center circle. The players from each team must be in their own half of the field. In addition, all the visiting players must be outside the center circle and must wait until the ball is kicked before playing. The second half also begins with a kick off taken this time by the visiting team. A kick off is also used to restart the game after a goal is scored. In this instance, the team scored upon kicks off.

**KICK IN/THROW IN:** When the ball passes all the way across one of the long sidelines/touchlines, play stops. The team touching the ball last loses possession and their opponent puts the ball back in play. For 7U players a kick in will restart play. The ball is placed on the touchline where the ball went out of play. The kicker faces the field while standing outside the touchline and kicks the ball back into play. For 8U players a throw in is used. The player taking the throw in must face the field standing outside the line (or with one or both feet in contact with the line). The player must start with the ball behind the head, and then throw it in one motion over the top of the head with both hands. Feet must remain in contact with the ground until the ball is released. Please be sure to allow the player enough room by asking players on the field to step back at least 2 yards. The player putting the ball back into play (via kick or throw) cannot touch the ball again until it has been touched by another player. **Don't be too picky though...your objective is to simply restart the match. Help the players get it right if needed.**

**GOAL KICK:** When the ball passes all the way across one of the goal lines (but not into the goal), last touched by a player from the attacking team the game must stop. The attacking team loses possession, and the opposing team puts the ball back into play with a goal kick.

Place the ball on the ground at the goal area boundary line located 6 yards in front of the goal. Instruct all players that they must move back beyond the halfway line. Instruct the kicker to kick the ball as hard as they can. **No player from either side may touch the ball until it crosses the halfway line.** You may need to coach them not to touch the ball. If the ball is touched before crossing the halfway line (by either team) or doesn't cross the halfway line then, the kick must be retaken.

**CORNER KICK:** When the ball passes all the way across one of the goal lines (but not into the goal), last touched by a player from the defending team the game must stop. The attacking team puts the ball back into play with a corner kick. Place the ball on the ground inside or on the lines that mark the corner arc on the left or right side of the goal depending where the ball went out. Members of the opposing team must stay back 5 yards so the attacking team can have a free kick at the ball.

**GOALS:** When the ball passes all the way across the goal line and into the goal, a goal is scored. Yes, a team may score upon itself. After a goal is scored, bring the ball back up to the center circle and restart play with a kick off by the team that was scored upon. Make sure all the players are in the proper places according to the kick off description above. **We do not keep score in 7U and 8U.**

**FREE KICKS:** The only "fouls" players of this age commit are dangerous play and handling the ball. Dangerous play is any kind of play that gives you cause for concern. Some young players are overly aggressive and push, hold or crash into others while trying to play the ball or try to kick at the ball while another child is lying on the ground nearby. This type of play should be stopped. Any child who reaches out to hold, control or deflect the ball with his hands or arms is guilty of handling the ball. If any of these infractions should occur, blow your whistle to stop play. Briefly explain to the player what he/she needs to do differently. Then give the opposing team an indirect kick at the ball.

For an Indirect Free Kick the ball shall be placed at the spot of the foul. For 7U & 8U place the ball no closer than 10 yards to the goal of the opposing team, regardless of where the foul occurred. The players on the opposing team must be a minimum of 5 yards away. A goal cannot be scored from an indirect free kick unless it is touched by another player prior to going into the goal.

**DROPPED BALL:** When a player is injured or when players are all in a bunch flailing away at the ball and kicking each other, stop play with your whistle. In the case of an injury call the coach onto the field to care for the child. In the case of the wildly kicking pack, remind the players to be careful about kicking each other. Then after everything has been sorted out, pick up the ball and drop it to the ground from waist height. In the case of the pack, drop it behind them or behind you to help break it up. As soon as the ball hits the ground it is back in play.

**EXPLANATION OF NO-ONE BEHIND THE GOAL RULE:** In past we have seen players get hurt because they were not paying attention to what was happening on the field, but rather to the person talking to them from behind the goal. If you see someone from your team there, please ask them to move a reasonable distance away from the goal line. Board members of Region 678 may also ask spectators to back away or go to the sidelines to cheer for their children. Please ask your parents and assistant coaches to follow this guideline.

***The coach will perform the “referee” function for these divisions. The Referee’s primary role in these games is to ensure that the kids have fun and that the game is played safely. To that end, referees should focus on helping the players when they are confused; teaching the players about the Laws that apply to them and making sure everyone is playing safely. The beauty of the game of soccer is that it avoids a rigid interpretation and application of the rules providing the referee with broad latitude to ensure the game keeps moving. Try to avoid constant stopping or interfering with their play.***

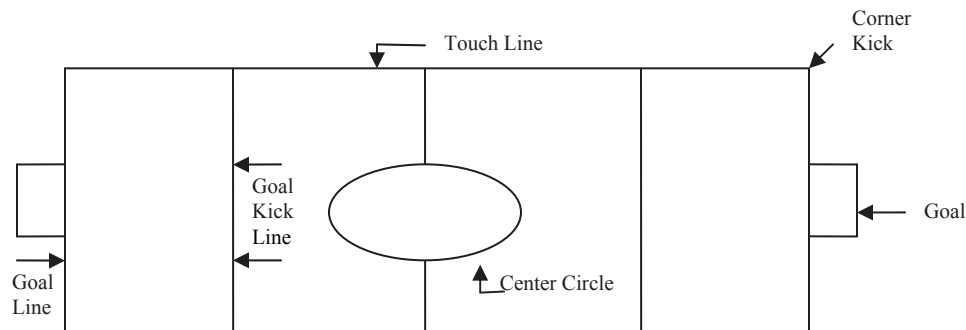
DIVISION 7U COACHES AS REFEREES: Please have only two people on the field at a time. This should be one coach or assistant coach from each team. If the coach does not want to be on the field or cannot be on the field for some reason, then the coach can ask the assistant to step in. Too many adults on the field are unsafe for the kids, and it does not allow for a lot of running space for them. Also, the kids should really only be paying attention to their coaches and what is happening in the game. For some children, too much going on can be overwhelming for them. Use your assistant to help those kids on the teams with kick ins, and/or have them coach the kids that need a little extra encouragement or instruction when they are close to the sideline they are standing on.

DIVISION 8U COACHES AS REFEREES: Please have only one coach on the field at a time. Both coaches should decide prior to kick off who will be the acting official will be. This decision should be fair and equitable. If one coach officiates the first half, then the opposing coach should officiate the second. Be as fair and impartial as possible when you are on the field. If one coach makes a mistake or misses anything, there should be no retribution in the second half to "make things even" Coaches are usually not referees and the Laws of the Game are not fully applied at this level, so everyone should use their best judgment. Please make your team and parents aware of this fact.

***When in doubt, apply common sense, do what’s most fair and move on.***

## Division 7U & 8U Review

<b>Games</b>	Will be 40 minutes consisting of four 10 minute quarters. Quarter breaks shall be 1 minute and half-time break shall be 5 minutes. All games will start on the hour and end at 10 minutes to the hour or earlier	
<b>Ball Size</b>	3	
<b>Player's</b>	4 players per side	no goalkeepers
<b>Substitutions</b>	Players must participate in at least 3/4 of the game. 7U players may substitute freely on a dead ball (e.g., kick-in, corner kick, goal kick, kick off). 8U players can only substitute at the quarter break or at halftime.	
<b>Referees</b>	Coaches will be on the field to officiate the game. The focus shall be on development and not hyper-technical application of the rules. No referees are scheduled for these matches. The objective is to keep the game playing and to offer instruction as needed.	
<b>Sidelines</b>	Home team is listed first on the schedule and sits on the north or west side of the field. Each team must sit upon assigned separate sides of the field (no exceptions). No one is permitted behind the goal or goal line at anytime during the match.	



<b>Goal kicks</b>	Will be taken from the goal kick line (as set by the coach to help facilitate weaker kicks) and <b><u>must cross the halfway line before any player can touch the ball.</u></b>
<b>Corner kicks</b>	Will be taken from the corner of the field where the ball went across the goal line. Opposing players must be a minimum of 5 yards away from the kicker.
<b>Restarts</b>	Can be either with a kick in, drop ball or indirect free kick. If an indirect free kick is used the opposing team shall remain a minimum of 5 yards from the kicker. If the restart is to occur within the goal kick area, the restart shall be taken from the nearest point that is just beyond the goal kick line.