

U5-U8 MODIFIED RULES FALL 2019

1. **The field of play** is 20 (twenty) wide and 30 (thirty) yards long. The goal size is 4 (four) feet high and 6 (six) feet wide. These apply to the Under 4 through U8 age groups

A.. Parents and spectators should be located on one side of the field, while the players and coaches are on the opposite side. **No spectators are allowed behind the goals.**

B. No objects can be attached to the goals; however flags or objects may be placed behind the goals outside of the field of play to give players directional assistance.

2. **THE BALL** - The ball is a size 3 (three).

3. **TEAMS** - 4U-5U teams are Under 4 composed of a maximum of eight players(4v4). 6U through 8U teams are composed of a maximum of eight players (4v4). A 4U-5U team may not play with less than two players and a 6U through 8U may not play with less than three players on the field.

A. Team uniforms must be worn by all players. However, during inclement weather, the referee's discretion will prevail as to whether outer clothing may be worn over/under the team uniform.

4. **LENGTH OF GAME EACH PLAYER MUST PLAY AT LEAST 50% OF EACH HALF.**

A. U4-U6 games are 4 (8) eight-minute quarters with a 5-minute half-time period. U7-U8 games are 4 (12) minute quarters with a 5-minute half-time period. Should there be inclement weather, both coaches must agree to shorten the game time. **Time should be adjusted at coach's agreement due to heat or fatigue.**

B. Substitutions may only be made at the beginning of each quarter, halftime or play stoppage as needed.

C. Teams that are not ready to play within 10 minutes of published time will forfeit game. A team unable to field the minimum number of required players at game time will forfeit the game, but opposing team is encouraged to loan players so players have opportunity to play.

5. **KICK-OFF** - Kick off will be decided "Home Team" of the game. Teams will switch for the second half.

A. The first and third quarter start in the center circle. The second and fourth quarter start at the spot where the previous quarter ended. **Kick-offs are indirect and first touch should be a pass back to team-mates to encourage possession and passing.**

6. **FREE KICKS U4-U6:** Kick-off, Kick-ins, goal kicks.

A. A goal cannot be scored by kicking the ball directly into the goal: the ball must first be touched by another player.

B. Defending players must be at their assigned “DOTS”, away from the ball at the time of the indirect free kick.

EXAMPLE: DOT FORMATION PLAY

GOAL KICK RESTART



C. U7-U8: All kicks will be indirect free kicks. Penalty kicks will not be given. Instead an indirect free kick will be taken at the place of the foul. Offside will not be called. **If an infraction occurs on a throw in, a second throw in must be allowed.** The coach shall explain the proper method before allowing the player to re-throw. If an infraction occurs on the second throw in, the coach will allow play to continue.

7. **FOULS AND MISCONDUCT** For all fouls an INDIRECT kick shall be granted. A timeout should be called by the coach and he/she will walk the player the sideline for repeated infringements. This procedure shall also be followed for a player FIGHTING on the field.

8. **BALL OUT OF PLAY** - The ball is out of bounds when the **whole ball** passes over the **whole sideline** or goal line. Should a ball go out of play, the coaches must follow and collect the ball and properly place it on the field in accordance with the applicable rules in order to start play quickly. The ball will be put back in play as follows:

A1. Played over the sideline: a. U4-U6 A Coach will have players go to assigned “DOTS” and roll ball in the point the whole ball crossed the line. No Corner Kicks.

A2. U7-U8 A throw in is taken at the point the whole ball crossed the line. Coach’s will have players go to assigned “DOTS” to spread players out and give an opportunity to get play to team member first.

B. Played over the goal line by the defending team: A corner kick is taken by the attacking team from the corner of the on the side of the field where the ball crossed the goal line. **During a corner kick, players are not allowed inside the arc of the goal area.**

C. Played over the goal line by the attacking team: A goal kick is taken by the defending team from anywhere in the goal area. Both teams go to assigned "Dots" and a player from defending team starts play with a pass to his team-mates.

D. A goal is scored when the whole ball passes completely over the goal line between the goal post and under the cross bar; **all shots should be taken outside of arch.** Note: All kicks are indirect; therefore a goal cannot be scored from a restart except as defined unless the ball is touched by two players. **Having players start play by passing back to their team helps keep possession and give more players a chance to play prior to pressure arrives.**

E. Each half is started with a kick-off with the ball being passed back to a team-mate. Second and fourth quarters are restarted where play in the previous quarter ended. Back to back restarts and other variations are allowed to keep a variety of opportunities to instill **"FUN" IN THEIR GAMES.**

9. OFFICIATING

A. U4-U8: The officiating will be handled by coaches of both teams

10. OTHER GENERAL RULES

A. **No Goalies:** Players are only allowed to stand in the goal arch if they are directly playing the ball. Players may play defensive positions, but must move up with the field of play. The purpose of the 4v4 game is for all children to be involved in the action.

B. U4-U8 Coaches are allowed to assist their players on the field as necessary, but should be limited to one coach per team.

C. Kick-ins: All "kick-ins" shall be indirect free kicks. If an infraction occurs on a kick-in, a second kick must be allowed. If an infraction occurs on the second kick, play should be allowed to continue. This is a developmental league and we are here to help the players learn.

D. Score is not kept during games. At the end of the game there are no winners and losers. ALL kids are winners