



## Under-8 Game Guide

- Team Size: 4 v 4 (no goalkeeper)
- Ball Size: 3
- Goal Size: 6' x 12'
- Field Size: 25' x 40'
- Game Time: two - 20-minute halves, with four 5 minute periods per half. Half/Game ends on next dead ball - ie., goal, ball out-of-bounds.

### Goal Box:

- No goalkeepers.
- No player can enter the goal box until the ball enters the goal box.
- No parents or coaches behind the goals.

*Coaches to stay on/near touchline, may move up/down field. Be conscious to minimize yourself on field allowing players to play.*

### Kick-Offs:

- Occurs at the start of the game, after a goal is scored, and at the start of each period
- Ball must be placed in the center spot of the mid field line
- Players must be on their own half of the field
- Defensive team must be outside the circle on their half of the field
- The initial kicker cannot touch the ball until another player touches it

### Throw-Ins:

- A team wins a throw-in when the opposing team kicks the ball out of bounds to the sidelines.
- Correct bad technique and allow players to try again (technique should be both feet down, ball over the head).

### Corner Kicks:

- Attacking team wins corner-kick when defensive team kicks the ball out of bounds near their own end line.
- Use the nearest corner where ball left the field.
- Players cannot enter the goal box until the ball enters the goal box.

### Goal Kicks:

- Defensive team wins goal-kick when attacking team kicks the ball out of bounds near the end line.
- When taking the goal-kick, place the ball on the white line of goal box. This is a semicircle, so place it near the top of the semicircle.
- Team not taking goal-kick must move back to mid field.

### Free Kicks:

- The non-kicking team should be backed up 5 yards.

### Slide-Tackling:

- Players are not allowed to slide-tackle. All slide tackles result in a free kick awarded to the other team.
- \*If a player slide tackles, stop play, remind all players to stay on their feet, and then speak briefly with the player about how players can be hurt from slide tackling.

### Headers:

- Players are not allowed to use their head
- An intentional header will give the other team a free kick at the location where the header occurred.
- An intentional header inside goal box by the defensive team results in a corner-kick for the attacking team.
- An intentional header inside goal box by the attacking team results in a goal-kick for the defensive team.
- **\*\*Whether the ball is headed intentionally or unintentionally, the coach's first response should be with regard to the risk of injury. Remember, when in doubt, sit them out.\*\***

### Handballs:

- Players are not allowed to use their hands.
- An intentional handball will give the other team a free kick at the location where the handball occurred.
- An intentional handball inside goal box by the defensive team results in a corner-kick for the attacking team.
- An intentional handball inside goal box by the attacking team results in a goal-kick for the defensive team.

### Penalty Kicks:

- There are NO penalty kicks.
- An intentional header inside goal box by the defensive team results in a corner-kick for the attacking team.
- An intentional header inside goal box by the attacking team results in a goal-kick for the defensive team.
- An intentional handball inside goal box by the defensive team results in a corner-kick for the attacking team.
- An intentional handball inside goal box by the attacking team results in a goal-kick for the defensive team.

### IMPORTANT:

Please use best judgement for calling headers and handballs. If a header or handball is intentional call it and give a free kick to the other team, otherwise, inform the player(s) to not use their head or hands. Usually, a simple "No hands!" or "No Head!" will suffice.