

# **Fremont Soccer Club**

## **Official U7/U8 Rules**

**\*Referees will be used for this age group**

**Law 1 – Field of Play:**

- Dimensions: Field must be rectangular. Length is minimum of 25 yards and maximum of 35 yards. Width is minimum of 20 yards and maximum of 30 yards

**Law 2 – The ball must be a size 3**

**Law 3 – The number of players:** A match is played by two teams, each consisting of not more than 4 players. There are no goalkeepers. Three offensive players and one defensive players. If numbers are limited, you may play 3v3 or 2v2

- Substitutions: Can be made during any stoppage and is unlimited
- Playing Time: Each player SHALL play a minimum of 50% of the total playing time.

**Law 4 – The players equipment:** Must wear their color tshirt assigned to their team. Must have shinguards and cleats (no cleats with metal spikes allowed). Tennis shoes are fine.

**Law 5 – Duration of the match:** The match shall be divided two 20 minutes halves with a 5 minute halftime

**Law 6 – Start and restart of play:** Conform to FIFA, with the exception that the opponents of the team taking the kick-off are at least 4 yards from the ball until it is in play.

**Law 7 – No penalty kicks and no offside**

**Law 8 – The throw in:** when the ball goes out of the field, the team who was NOT the last to touch the ball shall throw the ball in. Player should use both hands to throw the ball in over their head and both their feet must stay planted on the ground. The player is allowed to throw the ball in again if the first throw is not performed correctly.

**Law 9 – Drop Kicks:** shall be used if play is stopped for any reason other than out of bounds or restart of play

**Law 10 – Free Kicks:** Conform to FIFA with the exceptions that all kicks are indirect and all opponents are at least 4 yards from the ball until it is in play

**Law 11 – The Goal Kick:** the goal kick should be taken anywhere within the goal area. Opposing players must be outside the goal area and at least 4 yards away from the ball until it is in play. It is suggested that if necessary that opponents are in their own half of the field until the ball is in play.

**Law 12 – Fouls and Misconduct:** Conform to FIFA with the exception that all fouls shall result in an indirect free kick. The referee must explain ALL infringements to the offending player. No cards shown for misconduct.

**Youth Soccer Recommendations**

- Opposing coaches, players and parents should shake hands after each match.
- Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- Spectator and team benches should be on opposite sides of the field.
- No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.
- No slide tackles to be allowed in this age group.