

## U8

### Canyon Optimist Soccer Club---- UNDER 8 LEAGUE RULES

Game length: Four 10 minute quarters. There should be a 2 minute break between quarters and a 5 minute break at half time (between 2<sup>nd</sup> and 3<sup>rd</sup> quarters).

Substitutions: Substitutions can take place at any time of the game including “on the fly”. Try not to disrupt the flow of the game with substitutions.

No goalie.

Ball size: 3

All players should have equal playing time.

All players must wear shin guards that are covered with socks.

No slide tackling allowed at this age group.

Number of players on the field: four (4). We ask that the coaches work together if one team is short players. League preference is to loan players to the team in need. In the event that players cannot be loaned, then reduce the number of players on the field.

Coaches are to be present on the field of play and work together for the benefit of all players as a referee, coach and cheerleader for both teams. We require that an assistant coach or team parent remain on the sideline with the substitute players to monitor their activities.

Players and coaches are to remain on opposite sides of the field from the spectators.

The off-side rule does not apply.

Goal Kicks: The team not in possession of the goal kick must have all their players behind the half line. Once the goal kick has been taken and the ball has been touched by a team player, the opposing players can cross the “half-line” and attack/defend. If the ball clears the “half-line” on the goal kick then any player on the field can touch the ball.

Do not keep score. Please avoid “blow outs”. The coach with the stronger team should try and adjust the play for a more balanced game and overall experience.

**NO HEADING:** Children shall not engage in heading, either in practices or in games.

If you have questions, please refer to the USYSA handbook or your league or division representative.

Have fun! It's contagious!