



# ***U8 MODIFIED RULES***

- Field of play 55-65 yards (length) by 35-45 yards (width)
- Goals should be no larger than 6.5 feet (height) x 18.5 feet (width)
- Size 4 ball
- 7v7 (6 field players and 1 goalkeeper)
- Duration: Two, 25-minutes halves, 10 minute halftime, no added time.
- Game may not start or continue if there are less than 5 players on a team
- Substitutions are unlimited and can occur at any stoppage
- No deliberating heading. If a player deliberately heads a ball within their penalty area, an indirect free kick should be awarded to the opposing team, taken on the penalty area line parallel to the goal line at the point nearest to where the infringement occurred.
- if the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed)
- If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense
- If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

**U8:** We recommend that each child play goalkeeper at least once each season. The goalkeeper may touch the ball with his or hands only in the goal area.

**U8:** A second throw-in is permitted after a foul throw. If the second throw is foul, the other team gets to throw-in. There are no penalty kicks for under-8, and all free-kicks are indirect (that is, a second player must touch the ball before it can score a goal). All intentional fouls will result in a free-kick, during which opponents must be 6 yards away or on the goal line.