

USC U8 Laws of the Game

One coach from each team shall be allowed on the field of play during the game.

1. They shall direct the players in an encouraging way.
2. They shall refrain from interfering with the play.
3. They shall not question in any fashion the decision of the referee.

The focus of U8 is fun, fitness, and skill development. No scores or standings will be kept.

Law 1: The Field of Play

Field Markings:

The field size shall be 25-30 m wide and 30-36m long and shall be marked with lines. These lines belong to the areas of which they are boundaries. The two longer lines are called the touch lines; the two shorter lines are called the goal lines.

The field of play is divided into two halves by a halfway line, which joins the midpoint of the two touch lines. The half-line shall be used as the retreat line.

A flag post, not less than 1.5 m high, with a flag must be placed in each corner.

Goals:

A goal must be placed on the centre of the goal line and be anchored securely to the ground.

Goals should measure a maximum of 2.5m wide and 1.5m high.

Law 2: The Ball

Size 4 balls shall be used.

If a ball becomes defective during the match, the match is stopped until a replacement ball is found. Play is restarted by dropping the replacement ball at the place where the original ball became defective.

Law 3: Number of Players

A match is played between two teams where one of the players on the field must be designated as the goalkeeper. There may be a maximum of 5 players per team on the field at any one time. A team must have a minimum of 4 players on the field.

If team numbers are unbalanced, it is permissible to trade players for the duration of the game. Trading is encouraged throughout the season to ensure all player get lot of opportunity to play. Pinnies may be worn to facilitate trading.

Substitutions:

Unlimited substitutions may be made throughout the game. All substitutions are only allowed at the discretion of the Referee and the Referee shall be advised of all substitutions.

Substitutions may be made on any stoppage.

Law 4: Players' Equipment

Players shall not wear anything which endangers themselves or other players. For any infringement of this rule, the player will be asked to leave the field of play.

Basic compulsory equipment shall consist of a jersey or shirt with sleeves, shorts, socks, shin guards, and appropriate footwear

Shin guards must be completely covered by the socks, made of rubber, plastic or a similar suitable material, and must provide a reasonable degree of protection

The two teams must wear colours that distinguish them from each other and also the referee.

Each goalkeeper must wear colours which are distinguishable from all outfield players and the referee.

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Jewellery is not permitted and cannot be taped. Medic Alert bracelets/necklaces are the exception provided that they are fastened securely so as not to bring danger to any other player. The referee should be aware of any player that is wearing one of these.

Any hair apparel must be of soft fabric, no plastic or metal items are to be worn. Sports hijabs / headscarves are permitted.

Referees have the final say on the safety of equipment.

Law 5: The Referee

A club referee will be appointed to officiate the game. The decisions of the referee regarding facts connected with play, including whether or not a goal is scored, are final.

In the event that the assigned referee does not show up, an alternate carded official may be used. If a carded official is not available, the 2 team coaches shall mutually agree upon a substitute official, or shall take turns officiating the game themselves.

Law 6: Duration of the Match

The match shall last two equal periods of 20 minutes each. Players are entitled to a half-time interval of 5 minutes.

Allowance for Time Lost:

At the discretion of the referee, allowance is made in either period for all time lost through:

- substitutions
- assessment of injured players
- removal of injured players from the field of play
- wasting time
- any other cause

Law 7: Start and Restart of Play

Definition of Kick-Off

A kick-off is a way of starting or restarting play:

- at the start of a match
- after a goal has been scored
- at the start of the second half

A goal may be scored directly from a kick-off.

Procedure

Before the kickoff at the start of the match

- a coin toss is held by the referee, between the coaches of each team
- the team that wins the toss decides which goal it will attack in the first half
- the other team takes the kick-off to start the match

- the team that wins the toss takes the kick-off to start the second half of the match
- in the second half of the match, the teams change ends and attack the opposite goals

Kick-off

- after a team scores a goal, the kick-off is taken by the other team
- all players must be in their own half of the field
- the opponents of the team taking the kickoff must be 5 metres away from the ball until it is in play
- the ball must be stationary on the centre mark
- the referee gives a signal
- the ball is in play when it is kicked and clearly moves
- the kicker must not touch the ball again until it is touched by another player

Infringements and Sanctions

For any infringements of the kick-off procedure, the kick-off is retaken.

Definition of dropped ball

A dropped ball is a method of restarting play when, while the ball is still in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in the Laws of the Small Sided Game. Some examples of this are an injury or interference by an outside agent.

Procedure

The referee drops the ball at the place where it was located when play was stopped, unless play was stopped less than 5 metres from the goal, in which case the referee drops the ball 5 metres from the goal at the point nearest to where the ball was located when play was stopped.

Play restarts when the ball touches the ground.

Infringements and Sanctions

The ball is dropped again:

- if it is touched by a player before it makes contact with the ground
- if the ball leaves the field of play after it makes contact with the ground, without touching another player

If the ball enters the goal:

- if a dropped ball is kicked directly into the opponents' goal, a goal kick is awarded
- if a dropped ball is kicked directly into the team's own goal, a corner kick is awarded

Law 8: Ball in play and not in play

Ball not in play

The ball is not in-play when:

- it has wholly crossed the goal line or touch line whether on the ground or in the air
- play has been stopped by the referee

Ball in play

The ball is in play at other times, including when:

- it rebounds off the goalpost, crossbar, or corner flag post and remains in the field of play
- it rebounds off the referee

Law 9: The Method of Scoring

A goal is scored when the whole of the ball has crossed over the goal line between the goal posts and under the crossbar, provided that no infringement of the Laws of the Small Sided Game has been previously committed by the team scoring the goal.

Law 10: Offside

There is no offside.

Law 11: Fouls

The referee shall attempt to explain ALL infringements to the offending player

Fouls

An indirect free kick is awarded to the opposing team if a player commits any of the following offences:

- A. kicks or attempts to kick an opponent
- B. trips or attempts to trip an opponent
- C. jumps at an opponent
- D. charges an opponent
- E. strikes or attempts to strike an opponent
- F. pushes an opponent
- G. tackles an opponent from behind to gain possession of the ball
- H. makes contact with an opponent before touching the ball
- I. holds an opponent
- J. spits at an opponent
- K. handles the ball deliberately
- L. Plays in a dangerous manner
- M. Impedes the progress of a player
- N. Prevents the goalkeeper from releasing the ball from his hands

An indirect free kick is awarded to the opposing team if a goalkeeper handles the ball outside of his own area.

Law 12: Free Kicks (free pass)

All free kicks are indirect.

A goal can only be scored from a free kick if the ball is touched by another player before it enters the goal.

If a free kick is kicked directly into the opponents' goal, without being touched by a second player, a goal kick is awarded

If a free kick is kicked directly into the team's own goal, without being touched by a second player, a corner kick is awarded

Procedure

- the ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player
- all opponents must be at least five (5) metres from the ball
- the ball is in play when it is kicked and clearly moves
- the free kick is taken from the place the infringement occurred or from the position of the ball when the infringement occurred

- If the infringement occurred less than 5 metres from the goal, the kick shall be taken a minimum of 5 meters back from the goal

Infringements and Sanctions

For any infringement of this Law, the free kick shall be retaken.

Law 13: Penalty Kicks

There are no Penalty Kicks

Law 14: Pass-In

A pass-in is a method of restarting play.

A pass-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air.

A goal cannot be scored directly from a pass-in.

Procedure

At the moment of delivering the ball, the kicker:

- faces the field of play
- has part of the ball on or behind the touch line

All opponents must stand no less than three (3) metres from the point at which the pass-in is taken. The ball is in play when it enters the field of play.

After delivering the ball, the passer must not touch the ball again until it has touched another player.

Infringements and Sanctions

For any infringement of this Law, the pass-in shall be retaken.

Law 15: Goal Kick

A goal kick is a method of restarting play.

A goal kick is awarded when the whole of the ball passes over the goal line either on the ground or in the air, and a goal has not been scored in accordance with Law 9.

A goal cannot be scored directly from a goal kick.

Procedure

- The ball is kicked from any point approximately 5 metres from the goal inside the field of play
- All opponents must be behind the retreat line and cannot cross the retreat line until the ball:
 - Is touched by a player of the team taking the goal kick OR,
 - Leaves the field of play OR,
 - Goes over the retreat line. (If the goalkeeper chooses to play the ball across the
- retreat line prior to the retreat of opposing players)
- The ball is in play once it has been kicked and moves and is touched by a teammate.

Infringements

For any infringement of this Law, the goal kick shall be retaken.