

DASC U7 / U8

Rules - Synopsis

- The U7 game is broken down into FOUR 8-minute quarters. Teams will only change ends at halftime. The U8 game is broken down into FOUR 10-minute quarters.
- Prior to the game the **Coach** call the team over to check their shin guards and cleats. The coaches will then call for captains who will play "Rock-Paper-Scissors" to determine possession preferences or side preferences.
- **Uniforms**-shirts should be tucked into their shorts, socks OVER shin guards and cleats tied tightly in double knots (to prevent constant untied shoes).
- NO jewelry (earrings, necklaces, bracelets...), metal or plastic hair clips are allowed on the playing field. Band-aids or tape to cover earrings is not allowed.
- The **game starts with a kickoff** in the center of the field. Team with possession must kick the ball forward over the centerline. Opposing team must stay out of the center circle until the ball is kicked.
- **Out of bounds-**
 - **SIDELINE:** The team that did not kick the ball out re-enters the ball with a throw-in which must be 2-handed, go straight back over the player's head while their feet remain on the ground until the ball is released.
 - **ENDLINE:** When the defensive team kicks the ball out of their own end, the offensive team re-enters the ball with a corner kick kicked from one of the corners (where the flag is – if present). If the offensive team kicks it out the opposition's end, the defensive team re-enters the ball with a goal kick that is placed 2-3 yards off the end line and any player may take the kick. **On goal kicks opposing teams must be at the half way line.**
- **Goals** – Goals **may not** be scored directly from a kickoff. Goals may only be scored on the attacking half of the field.
- **When a goal is scored**, the game is re-started with a kick off by the non-scoring team from the center of the field in the same process as the starting kick-off.
- **At half time** ball possession changes. Teams and teams change sides of the field.
- **Substitutions** may be made on either teams' throw-in, goal kick or any re-start kick off (half time or after a goal).
- **Throw-ins** - U7's use a kick-in. U8 players will use the throw-in and may be allowed a second throw in if they violate on the first one. The coach should explain the proper method for a throw in.
- There are **NO direct free kicks** in U7 / U8 soccer. This includes penalty kicks. All penalties (hand ball, push, trip, etc.) result in a free **indirect** kick (must touch another player before entering the goal to be counted as a goal). If the infraction occurred within the penalty area, the ball should be brought back to the line and an indirect free kick awarded. There are **no** direct penalty kicks. Remember, many of the kids and perhaps even the coaches will not know the difference in kicks. Opposing players must stay back 4 yards when an indirect kick is awarded.
- **Slide Tackling** is NOT allowed in U7 / U8 soccer. Keep players on their feet.
- **In the case of an injury** the players will stop playing and take a knee, the coaches will pause the game and tend to the injured player. Each team may sub one player on an injury. The ball is restarted with a drop-ball where the referee drops the ball between two opposing players who then may kick the ball only after it has landed on the ground.
- **Safety** is the number one concern when dealing with this age group. Coach/referee should not be afraid to stop play at anytime if they see a dangerous situation developing.
- Remember, this is some of the first game experience for these kids. If inappropriate, aggressive behavior is exhibited; the coach / referee should speak with the individual involved. If this does not solve the problem, the referee should speak with the coach.