

U7/8 Metro Kids Soccer – Playing Rules

Updated 2022

The MKS Culture: The most important rule to remember is that our top priority is providing the players with a positive experience. Ask any kid why they play soccer and you receive two answers: it is fun and I get to play with my friends. MKS is committed to maintaining a friendly, safe atmosphere at all of our games. Coaches, parents, other family members and friends all want the same thing; to give our kids a fun, memorable experience.

To accomplish that, all spectators will offer only positive, encouraging comments; **NO Directives! NO** telling players to run faster get the ball, shoot, etc. Moreover, positive and supportive comments shall be given to **ALL** players, not just those on your team. We are more than just a soccer partnership; we are a community. We will give every player an enjoyable experience.

All five MKS partner clubs will do their best to provide Game Monitors or Facilitators for all of their club's home games. Game Monitors or Facilitators may be teens or adult volunteers.

1. Have Fun!
2. Prior to the game, the game monitor or facilitator will conduct the pre-game check following the check off list.
3. Players must wear shin guards, and they must be worn **under** their socks. The sock must completely cover the shin guard.
4. Cleats are optional.
5. No jewelry (including but not limited to earrings, necklaces, watches, etc.), hard plastic /metal hair clips or a hard cast or a hard brace may be worn by any player on the field. Exceptions for religious items/medical alert items will be made. Those items must be covered and secured to the body by tape or pre-wrap. NOTE: earrings must be removed; taping them is not sufficient.
6. Coaches are responsible for the conduct of their sideline. They, with the help of a parent volunteer, will make sure that only positive comments are offered. There is zero tolerance for inappropriate behavior. No comments shall be directed towards the game monitors or facilitators.
7. Teams will be divided into two groups and play two 4v4 games simultaneously on adjacent fields.
8. Games consist of four (4) quarters of eight (8) minutes each. There will be a five (5) minute break in between each quarter. Teams must be on the field and ready to play at the five (5) minute mark.
9. Time keeping; field marshal, game monitor or parent volunteer will be responsible for keeping the time.
10. If a team shows up with too few players to field a team, they may borrow players from the opposing team. NO forfeits; the focus is on playing the game and having fun.
11. If a game monitor, or facilitator does not show up, the game will be facilitated by a parent volunteer. Again; no forfeits. As a last result, coaches will facilitate (if needed) from the sidelines; no coaches on the field.
12. Coaches shall refrain from offering directives during the game. Save the coaching moments for players on the sideline, quarter breaks and during practices. During games, offer encouragement to all players.
13. Substitutions may be done by either team on any dead ball situation.
14. Each player must play at least 50% of the game.

15. Each quarter begins with a kick off from the mid-line.
 - a) The kick off must be a pass to another teammate. The pass does not have to be completed; just attempted. The kick off may not consist of the player dribbling down the field or a direct kick to the other team.
 - b) The ball may be played forward or backward.
 - c) All defending players will wait in their Goal Box until the ball is kicked. Once the ball is kicked, they must vacate the Goal Box.
 - d) All defending players must wait until the ball is kicked before moving to defend.
16. Failure to pass the ball with the first kick results in a change of possession. The defending team gets a throw in at mid field. However, game monitors or facilitators have the discretion to offer a re-try. Note: the pass does not need to be completed; just attempted.
17. Players may not stand in the Goal Box, they must **move through it within three (3) seconds**.
 - a) If players are moving with the ball (dribbling) or moving to receive a pass, they can shoot from within the Goal Box.
 - b) If defenders are moving to intercept the attacking player, they may defend from within the Goal Box.
 - c) The key here is **movement**. We do not want players stationary in the Goal Box.
 - d) Players may not stand just outside the goal box. No camping out near the Goal Box.
 - e) "Scrum" (players in a bunch battling for the ball) may happen within the Goal Box and the game monitor or facilitator will count off **five (5) seconds**. If a goal has not been scored, or the ball has not been defended within five (5) seconds, the game monitor or facilitator will stop play and the result will be a drop ball at the midline.
18. Balls that go out of bounds on the sideline result in a throw in for the other team. Game monitors or facilitators will have additional balls ready to minimize disruption.
19. Balls that go out of bounds from the defending team on the goal line result in a throw in from the nearest spot on the sideline for the other team.
20. Balls that go out of bounds from the attacking team on the goal line will result in a "goal kick" for the other team. **The ball is placed at the top of the Goal Box. The attacking team kicks from there. The defending team retreats to their half of the field behind the mid line. They may not cross the mid line until the ball is kicked.**
21. After every ball in the net (goal), the game is re-started with the team that did not score kicking off in the manner described above. See rule #15.
22. "Balls in the net" (goals) will be kept track of as inconspicuously as possible by the team parent or parent volunteer, and reported to Got Sport by the coach via data entry. Scores will be kept for seeding purposes, but will not be posted. Remember: the focus is **not** on the score and/or winning and losing.
23. Coaches will be mindful of sportsmanship during games that become too lopsided in terms of goal scoring, and will take appropriate measures to even out the score and keep the game fun for everyone. U8 is cooperative, NOT competitive.
 - a) U7/8 Sportsmanship Rule is as follows: the goal differential on each field may not exceed 8 goals. The total goal differential (scores from both fields added together) may not exceed 12 goals. Violations of this rule will be handled by the respective club.
24. No heading. Headers result in a throw in for the other team.
25. No pushing or shoving. Players must keep their hands down. Rough play will result in a warning by the game monitor or facilitator and/or the player being sent to the sideline for a break.
26. Have fun!