



U8 GAME RULES & FORMAT

Please refer to this document for a general overview of the U8 Walnut Creek Soccer Club Recreation Program. This document will include information on all game day procedures, rules and expectations, and fields for U8.

Season Overview

- 1 practice a week and game(s) on the weekend
- Season starts early September and ends early November
- 8 regular season games are scheduled

U8 Game Day

- Dimensions of the field are 55 x 35 yards.
- Playing format is 5 v 5 with goalkeepers in a safety zone, assisted by parent volunteers (4 field players + 1 goalkeeper)
- Minimum number of players per field is 4, maximum is 6 players per field
- Teams will be made up of 9-11 players.
- Game Length 4 x 10 minute quarters (3 minutes between periods)
- All players must have equal play time
- Players who play goalkeeper can only play one half of the game in goal.
- Substitutions can be made at any time without stoppage
- Size 3 balls used
- One Head Coach and one Assistant Coach in the technical area during game play
- No referees will be officiating these games
- Kwik goals will need to be assembled and/or disassembled at the field.
 - HOME team(s) scheduled for first game of day setup field
 - AWAY team(s) scheduled for last game of day clean up field
- HOME team uniform - BLUE jersey

- AWAY team uniform - WHITE jersey

Start and Restart of Play

- The ball is kicked off to start the game and after a goal from the exact center of the field. The ball is in play once it is kicked and moved and may not be touched by the player who kicked off until another player from either team has touched it. This will result in a re-kick.
- Play is considered dead when the ball **completely** crosses the goal line or touchline (sideline). If any part of the ball is on the field or touching the line, the ball is still in play.
- Whenever a ball leaves the field of play, the coach running that quarter will say "New Ball!" and roll another ball into play.
- There will be no throw-in, free kicks, goal kicks or corner kicks. The coaches will have 5-7 balls ready to re-start the play. Before the game they will determine which two-quarter's each coach will introduce the New Ball. The ball is rolled into play, not bounced or thrown into play.
- Putting a ball back into play - The 'new ball' should be introduced to balance the game in any one of four ways:
 - a. Ball is rolled to neutral space
 - b. Ball is rolled toward the disadvantaged team
 - c. Ball is rolled to favor the team on the wrong end of a one sided game
 - d. Ball is rolled to favor individual players who are not becoming involved in the game
- See the website for more information including a helpful video regarding the [New Ball method](#).
- When a goal is scored, the team scored upon re-starts the game with a kick-off from the center of the field. If the Coach halts play due to injury or other event not covered in these rules, the game is restarted with a drop ball.
- Ball must COMPLETELY cross the goal line to count as a goal.

Officiating

- There are no referees
- Two coaches will be in charge of making calls for each field, that includes: fouls, ball rolling out of bounds, injury stoppage, and tracking time throughout the game so work with each other.
- No offsides

Fouls

- Fouls include: tripping, handball (player's arm is stuck with the ball in a deliberate attempt to control the ball, abusive play or dissent (striking, kicking, and pushing opponent)
- When a foul occurs, the ball is played in (new ball method) to the team who were on the receiving end of the offense.
- Slide tackles are NOT allowed

U8 Fields

- Parkmead Elementary School: 1920 Magnolia Way, Walnut Creek, CA
- Fields #1-3

Game Day Club Support

In the event of any major issues such as field safety, equipment, sideline behavior issues, please contact:

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