



8U Division Guidelines

All games and practices will take place at Colony Park Softball Fields. There will be 3 fields at this location. They will be to the right as you face them from the street.

Player Equipment: Soccer cleats(recommended), closed toed shoes and shin guards covered by the sock are mandatory at all practice and game activities. The type and condition of cleats must be inspected for safety before use. *(Note: They can not have a toe spike - like baseball or football cleats.)*

Field Setup:

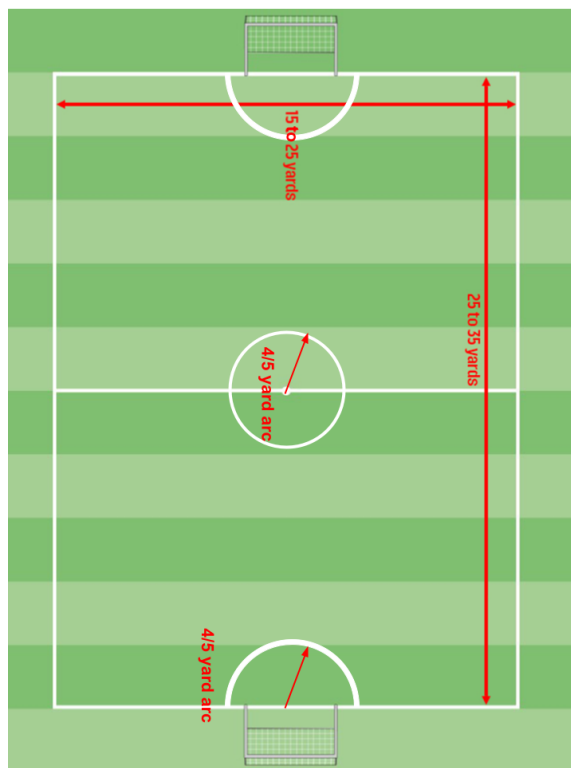
- All equipment will be located in the middle field shed between the softball fields, the bathroom key will be inside. Please make sure to unlock and lock the bathrooms for all practices and games. If you practice first - open them up - if you practice last please check them to make sure they are locked before you leave!
- Please set up goals and corner flags.
- The Goals: Dynamo goals 4 x 6 - Goals may be used for training as well.
- The ball: size 3 - game balls will be located in the shed.
- Please make sure to pick up all trash we are guests at the fields.

Players:

- Numbers: Four per team on field at a time; No goalkeepers. Seven maximum on roster.
- Substitutions: Between periods, at halftime and for injuries.

Game Time:

- Four ten-minute periods. Half time break of 5 minutes and quarter breaks of 1-2 minutes. Rotate playtime weekly to ensure equal playtime for all during the season, do not have the same players only playing ½ the game, the only way to develop is to play.



Players	Playtime	Subs
5	4 players play 3/4s, 1 player plays all	at quarter breaks
6	4 players play 3/4s, 2 players play 1/2	at quarter breaks
7	2 players play 3/4, 4 players play 1/2	at quarter breaks



The Start of Play: The game should be started with a kick-off in the middle of the field.

The Kick-off: Visitor will kick off first half and home team will kick off second half. The kick off is taken from the center of the field with each team in their own half and the team not kicking off at least ten feet from the ball (*outside the center circle*). The ball does not need to roll forward upon kick-off. Remember, let them play and do not interfere for technicalities.

8U Officials: Cal South certified coaches. You are the referees. As with all games, every effort should be made to keep the game moving and free from stoppages for small infractions. Let them play and enjoy.

Fouls: Deliberate fouls should be rare in 8U games. Kicking, tripping, handling the ball and dangerous play may occur. There should be few, if any, additional reasons to stop play in 8U games. If a player is 'not playing well with others' or if play must be stopped for any reason (injury, substitution, confusion, or to watch a passing train, butterfly or frog), refocus the players and begin again with a free kick or pass in as appropriate. Award the start to whichever team deserves it (*had possession*). Exercise common sense, stand back and let them play.

Misconduct: Misconduct should be rare in 8U games. There is no need for the public cautioning and sending off of young players (leave the red and yellow cards at home). Coaches should work cooperatively with each other when a player may need a 'time out'.

Free Kicks: Play may have to be stopped occasionally to 'sort things out' in 8U games. A player may pick up the ball and start running with it, or want to keep it away from the other players, or perhaps there is a pile of kids on the ground kicking at both the ball and each other. Stop play, quickly correct the situation and restart with a kick to a deserving player. **All free kicks are indirect kicks.** Opponents must be at least ten feet from the ball or on the goal line during free kicks. Free kicks awarded to the attacking team inside the defending team's goal area are to be taken from the nearest point on the goal area line parallel to the goal line.

Offside: No offside.

Throw-In: Throw-ins are replaced with kick-ins or dribble-ins at 8U. Opponents should be ten feet from the ball. **There are no Throw-ins**

Goal Kick: A goal kick is awarded to the opposing team, in 8U, when the attacking team is last to touch the ball before it crosses the goal line but without scoring a goal. The goal kick may be taken from any point inside the goal area. The opposing team must be at least ten feet away from the ball when the goal kick is taken in 8U games.



Corner Kick: A corner kick is awarded to the opposing team, in 8U and older, when the defending team is last to touch the ball before it crosses the goal line but not scoring a goal. The opposing team must be at least ten feet from the ball when the corner kick is taken in 8U games.

Handball: A handball infraction occurs when a player handles the ball deliberately. The 'hand' includes the entire arm up to the top of the shoulder. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (ball striking hand or arm with no intent by the player) is not an offense and should not be penalized. Let the players know to "Play on"

No Heading: Consistent with the US Soccer mandates on heading the ball, heading is banned for all division 11U (12U and below for programs without single age divisions) and below in both practices and matches. An indirect free kick will be awarded to the opposing team if a player deliberately touches the ball with his/her head during a match (taken where the player touched the ball with his/her head).

Field Striping: Coaches please help us secure 1 or 2 individuals who will be striping fields for the season - it will take about an hour a week to stripe both fields and if you practice on Thursday or Friday this can be done during practices. Please coordinate this through Shauna and Allison.

Division Contacts:

- Shauna Ames - 8U boys division coordinator - 8ubdc@atascaderosoccer.org
- Allison Hasch - 8U girls division coordinator - 8ugdc@atascaderosoccer.org