

## Highland Scots Soccer U8 Division Rules and Regulations

### Law 1 – The Field of Play:

- Dimensions: The field of play must be rectangular.
- The length of the touchline must be greater than the length of the goal line.
- Length: Recommended: 25-35.
- Width: Recommended: 15-25.
- Goals: The size of goals for this size shall be no larger than 5'x10'.
- Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

### Law 2 – The Ball:

- Size three (3).
- The home team is responsible for the game ball.

### Law 3 – The Number of Players:

- A match is played by two teams, each consisting of not more than four field players. There are no goal keepers.

### Law 4 – Substitutions:

- Unlimited and at any stoppage of play.
- Players shall enter at mid-field and at the direction of the Referee.

### Law 5 – Playing time:

- Each player SHALL play a minimum of 50% of the total playing time.
- Teams and matches may be coed.

### Law 6 – The Players' Equipment:

- Shin Guards located under knee-high socks. Shin guards may not be exposed.
- Appropriate athletic shoes required. Soccer cleats strongly recommended.
- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. Hoods must be tucked under shirt.
- No jewelry, bracelets, earrings, hats, or any item that is hard which could possibly injure themselves or another player.

### Law 7 – The Referee:

- Each team Coach or Assistant Coach will be required to split in half the on field referee duties. This is left to the discretion of the coaches and can be split in half by field, quarter, or halves. This acting Referee will be responsible for substitutions, throw-ins, fouls, kicks, etc.
- Prior to the start of the game both Coaches will discuss the leniency of fouls (giving warnings/coaching first).
- The home team will be responsible for providing a timekeeper.
- All infringements shall be briefly explained to the offending player to ensure comprehension.
- The Coaches from both teams will be allowed on the field to assist in the instruction of all players.

**Law 8 – The Duration of the Match:**

- The match shall be divided into four equal, ten minute quarters.
- There shall be a two-minute break between quarters one and two and another two-minute break between quarters three and four.
- There shall be a half-time interval of five (5) minutes.
- Teams will not switch ends.
- Game time will be running time; no stoppage for substitutions, instruction, etc.
- Games can end in a tie.

**Law 9 – Free kicks:**

- All free-kicks are indirect. (Meaning the ball must be touched by another player before it can go into the goal.)

**Law 10 – Penalty kicks:**

- No penalty kicks.

**Law 11 – Heading:**

- Heading is not allowed at this age group. Players should be advised of this rule change. Any lateral use of the head will result in a stoppage of play (not time) for appropriate instruction and will result in an indirect free kick.

**Law 12 – Throw-ins:**

- Throw-ins are two handed with both feet on the ground.
- Both hands are directly over-head.
- Player may take running start and slide back foot so long as the toe portion of the shoe remains on the ground.
- Feet are not to completely cross over the toe-line. Touching the line is acceptable.
- Infringements will be instructed by Referee and player will be awarded a re-do.
- All opponents must stand at least 2 yards (6 ft.) from the point at which the throw-in is taken.
- A goal cannot be scored directly from a throw-in.
- If ball doesn't come directly into play a re-throw will be given.

**Law 13 – Goal kicks:**

- A goal kick is a free kick taken by a defensive player after the ball, having last been touched by an offensive player, has gone out of bounds over the goal line.
- Goal kicks may be taken from anywhere in the penalty area. The ball must clear the penalty area. Players should be outside the penalty area.
- The ball cannot be touched until it leaves the penalty area. If this occurs a re-kick will be given.

**Law 14 – Corner kicks:**

- A Corner kick is awarded to the attacking team when a defender last touched a ball that crossed entirely over the goal line, taken from the corner arc on the side of the field where the ball went out of play.
- Free kick with opponents being 8 yards from the ball until it is brought into the field of play.

- A goal may be scored directly from a corner kick, but only against the opposing team; if the ball directly enters the kicker's goal a corner kick is awarded to the opponents.

#### **Law 15 – Offside:**

- There will be no offside calls, but teams are encouraged to not blatantly post an offensive player by the opponent's goal waiting to score.

#### **Law 16 – Fouls:**

*All fouls will result in an indirect free-kick. Players should be given instruction on what they are doing wrong and a suggestion on how to improve. Warnings prior to free-kicks should be agreed on by both coaches at the beginning of the game. (i.e. Player gets one warning before free-kick is awarded.)*

- **Slide-tackling:** There will be no slide tackling. Players are encouraged to stay on their feet at all times.
- **Hand-ball:** A handball will be called when the ball directly or indirectly touches a player's hand or arm. The only player allowed to touch the ball with their hands is the goalie. The coach should instruct the player on why the foul was called.
- **Dangerous Play:** Any play that involves an act likely to cause injury to any player including, self, opponent, or teammate. These dangerous plays are deemed valid at the discretion of the Referee and may include: playing the ball while on the ground, high kicks above the waistline, etc.
- **Aggressive Play:** Shoulder to shoulder contact is allowed. The following are not allowed and should be brought to the player's attention:
  - *Kicks or attempts to kick an opponent*
  - *Trips or attempts to trip an opponent*
  - *Jumps at an opponent*
  - *Charges an opponent*
  - *Strikes or attempts to strike an opponent*
  - *Pushes an opponent*
  - *Spitting*
  - *Foul language*
- **Goalie Play:** To ensure the safety of the goalie, if the goalie has a finger on the ball (whether controlled or not) the attacker must concede.

#### **Law 17 – Sidelines:**

- There shall be a distinguishable parent side and team side.
- Players are to remain on the team side throughout the entire game.
- Parents shall remain on the parent side and behind the secondary line (five feet from sideline) throughout the entire game.
- No spectators or coaches may be located behind goals.
- Any concerns, comments, or questions regarding the game should be directed to the parent or player's own coach, not the opposing coach, parents, or players.
- Coaches may follow-up any concerns with the opposing coach or preferably their own league administrator.
- Parents shall adhere to the Code of Conduct at all times and remember their behavior has a direct impact on the game. Keep it positive.