

AYSO Region 310 Under 8 Rules and Guidelines

1. Coaches

- May not enter the field of play unless directed by the referee.
- Need to stay within ten yards of the mid-field line in either direction.
- Need to be positive at all times. Do not over-coach during games nor yell at a referee at anytime. If you have an issue with a referee, please discuss it professionally or seek assistance from the referee tent.
- Home side will always take the North or West side of the field.

2. Players

- A maximum of five players on the field. **NO GOALKEEPERS!**
- No players may take up a permanent or semi-permanent position within the goal area. This is roughly the 6 yard box located directly in front of the goal. Players may follow an attacker into this area, but at no time be able to stand there and act as a de facto defensive goalkeeper or offensive striker.
- Need to be properly equipped. Soccer cleats or turf shoes are highly recommended, but good athletic shoes will suffice. Shin guards must be worn at all practices and games.
- No jewelry, metal, hard plastic hair pieces, or hard brim hats are allowed. Soft brim hats are allowed.

3. Spectators

- Need to stay back off of the touch line by 2 yards.
- Cannot set-up on the field behind the goal.
- Allowed only to yell positive comments to the players. Let the coaches' coach, referees ref, and the parents support.
- Will not yell or make derogatory comments to a referee.

4. Ball

- Size 3

5. **Positions**

- Region 310's coaching policy is to rotate the players around to different positions. No player should be put in a position where they play the whole game as just defense or just offense. This will allow the players to become better developed in all positions and have a better feel for the game.

6. **Game Duration and Substitutions**

- 2 halves of 20 minutes running time.
- 1 minute break roughly between each half. Coaches will substitute players and re-hydrate at this time. This is not a time for coaching instruction.
- 5 minute break between halves. This is the time to talk about what is positive in the game and what needs to be improved.
- All players must play at least half of the game. No players are allowed to play a full game unless everyone has played at least three quarters.

7. **Slide Tackling and Heading of the Ball**

- Slide Tackling and heading of the ball is not allowed and should be strongly discouraged. At this age, bones and muscles are not fully developed and these actions are too dangerous for the players. Referees should stop play, remind the player that this is not permitted, and restart with a direct free kick for the other team.

8. **Kicking Starts and Restarts**

- Kick-offs that travel directly into the goal untouched by another player do not result in a score, but a goal kick for the other team. Although this is not against FIFA laws, this is something we have implemented with the loss of the goalkeeper. We would like to encourage players to learn to take shots around the goal area and be creative, before they take long distance shots.
- All fouls will result in a direct free kick.
- Opponents must stay away at least 6 yards from all direct kicks.
- There are no penalty kicks.

- The ball must travel out of the goal area on all goal kicks before being touched by any other player.

9. **Ball in and Out of Play**

- The whole ball must cross the touchline or goal line to be out of play.
- If the ball crosses the touchline the restart is a throw-in for the team who did not touch it last.
- If the ball crosses the goal line outside of the goal by a player on the attacking team, the restart is a goal kick.
- If the ball crosses the goal line outside of the goal by a player on the defending team, the restart is a corner kick.

10. **Blowouts**

- The goal of this division is skill development.
- The U8 division will not keep track of scores or win/loss standings for the first eight weeks of the season. It serves absolutely no purpose for a team to outrageously outscore another team. Coaches, please challenge your players with constructive ways if your team is much stronger than an opponent. We want to develop these young players with skills and good sportsmanship. AYSO is all about developing these skills and having fun at all times. Nobody likes to be humiliated.

11. **Tournament Play**

- There may be a tournament the last two weeks of the season. The only change will be that score will be kept. For this event, it may be necessary for teams to play 2 games per day. All other rules still apply.