



Livermore Fusion Soccer Club

U5-U8 Rules of the Game

Updated: 2019

These rules are intended to simplify the game for young children. Children should be allowed to play freely with minimal interference, any situations not explicitly covered by the rules should be dealt with sensibly and with respect.

1. The ball: a standard #3 size soccer ball.

2. Number of Players

[Under 5-6]

*Maximum of **Four** players on the field at one time (4v4).

*There are no goalkeepers. Positioning players is frowned upon at these ages, please allow their natural tendencies to guide them and but do encourage them all to run around the field.

*Substitutions are allowed at any time in the games, “on the fly” without a stoppage of play.

*All children who are present should have equal playing time. Coaches are responsible for ensuring playing time.

[Under 7 & Under 8]

*Maximum of five players on the field at one time (5v5).

*One of the five players is the goalkeeper. The goalkeeper must wear a jersey which is distinctive from both teams.

*Substitutions are allowed at any time in the games, “on the fly” without a stoppage of play.

*All children who are present should have equal playing time. Coaches are responsible for ensuring equal playing time.



3. Officiating

[Under 5-6] Coaches will serve as officials. No whistles shall be used at this age.

[Under 7 & Under 8] Coaches will serve as officials. Use a whistle if needed.

4. Duration of the Game

[Under 5-6]

*Games are 4 x 8min quarters. The clock is not to be stopped for any reason.

*2 minute breaks between quarters.

[Under 7 & Under 8]

*The teams play two (2) consecutive 20 minute games, for a total of 40 minutes of soccer. The clock shall not be stopped for any reason, except when the game is significantly delayed due to injury.

*At the end of 10 minutes of play, a one minute “goalkeeper change timeout” is called. Play for the second 10 minute half is resumed with a kick off from the center.

*5 minute break between games.

*Teams switch ends between games.

*Teams alternate the four kick offs that start each of the four quarters

5. Start and Restart of Play

[All age groups]

Any time the ball leaves the field, a coach will restart the game with a roll in. The roll in goes to the team who **didn't** kick the ball out of play. The goal is to include all players and moving the players within the field. It is encouraged to roll the ball to players in space. It is also encouraged to roll to players who are not as involved in the game as other might be.



*Play is considered to stop when the ball crosses completely over the goal line.

When the ball is out of play because a goal was scored.

*If the Game Monitor halts play due to injury, field safety, or other event not covered by these rules, the game is restarted via a roll in to the team who was in possession.

6. Method of Scoring

*When the attacking or defending team kicks the ball completely across the goal line and between the goal posts, it scores a goal

****No official score is kept****

(U5 & U6) If a goal is scored a coach rolls in the ball to the defending team.

(U7 & U8) If a goal is scored the ball is taken back to the center of the field for a kick off.

7. Fouls and Misconduct – Fouls can be given at any age but must have purpose. At the younger ages purpose is very unlikely.

Fouls are as follows:

*TRIPPING (trips an opponent without first making contact with the ball)

*VIOLENT PLAY (striking, kicking, pushing, unsportsmanlike language)

*HAND BALL (player uses hands or arms in a deliberate attempt to control the ball; includes a goalkeeper handling the ball outside of the goal area)

*SLIDE TACKLING (No slide tackling at these age levels).

*GOALKEEPER CONTACT [Under 7 & Under 8] (Any avoidable contact between an attacking player and the goalkeeper is a foul against the attacking player).

*If a foul is committed, the Game Monitor or Coach will briefly explain the infraction to the responsible player.



*A foul results in an indirect free kick for the team against which it was committed. **A goal may not be scored on an indirect free kick until the ball has been touched by another player of either team.** Opponents must be at least five yards from the ball when a free kick is taken.

*If the foul occurred within Free Kick Distance of the offending player's goal, 5 yards, the indirect free kick is taken back until the 5 yards is met.

*If a foul is particularly violent or if a player repeatedly fouls, then the Game Monitor may require that the player be substituted out. The player may re-enter the game at the next substitution opportunity, although the Coach is strongly encouraged to counsel the player on acceptable behavior before the player is permitted to play again.

8. One-Sided Games

[All age groups]

*If one team draws ahead by three goals or more, the team's coach should use methods to reduce his/her team's scoring. This may include resting his/her most effective players and/or instructing certain players to remain in the defensive half.

*If one team draws ahead by four goals, they should look to play with one less player on the field. When the goal differential is reduced to three or less, the team may again use their full complement of field players.

9. Goalkeepers

[Under 7 & Under 8 ONLY]

*The goalkeeper may handle the ball only when it is within the marked area (the "Goal Area").

*The goalkeeper may throw, punt, kick or dribble a ball after it has been picked up.

*Encourage GK to avoid aimless punts.

*A player may play as goalkeeper for no more than a quarter of the game, each game. Each team must employ at least 4 different goalkeepers each game.



*A coach or assistant is permitted to be stationed behind the goal to offer coaching advice to the goalkeeper. This is for learning not winning. Please focus on why we may permit this.

10. Coach and Parent Behavior

*The Coach may offer technical advice to his/her players in a positive manner only.

*Parents and other spectators are expected to cheer in a positive manner only.

***The coach is responsible for the behavior of his/her players' parents and spectators.**

*No coach, parent, or other spectator is permitted to harass or comment about any opposition player or to use foul or offensive language towards players. If this does happen, the Game Monitor should stop play and request that the Coach control their spectators. If the offensive behavior does not cease, the Game Monitor should abandon the match and report the incident to the Director of Recreation.