

MODIFIED DEVELOPMENTAL PLAYING RULES FOR U7 AND U8 (4 A SIDE)

A. Field Size: 36 by 25 yards

B: Markings:

- Wos Markers are to be used to mark out the playing field if painted lines are not provided.
- A build out line shall be marked across the field 12 yards out from each goal line.

C. Goals: 6' Pugg Goals

D. The Ball: Size 3

E. Number of Players:

U7 and U8: maximum number of players on the field at any time is four (4). Team roster size shall be six (6) to eight (8) players (if possible).

- **Substitution:** Coaches may decide prior to the game the number of rotations they wish to perform per quarter (two rotations are recommended per quarter). Substitutions are unlimited and can occur at any stoppage.
- **Playing time:** Every player should play a minimum of 50% of the time in each game.
- **Sex:** Teams should be divided by gender.

F. Players Equipment:

- NYSA issued shirt.
- Socks
- Footwear
- Shorts
- Shin guards required

A player shall not wear anything which is dangerous to another player or themselves (including any kind of jewelry, splint or cast).

G. Referees:

A parent referee from each team will be used to officiate one half of the game.

H. Duration of Game:

The game shall be divided into 4 – 10-minute quarters, with a 2-minute break between quarters, except for halftime when a 5-minute break should be taken.

I. The Start of Play:

- Each opponent must be on their half of the field.
- Opponents must be five yards from the ball before the kickoff is taken.
- The ball is in play when it is kicked and clearly moves. The kicker shall not play the ball a second time until it has been touched or played by another player.

J. Ball in and out of Play:

- The ball is not considered out until the entire ball passes across the line. It is in play if it is touching the line. Likewise, a goal is scored when the entire ball passes across the goal line into the goal. It is still in play if it is touching the goal line.

K. Heading

- Players at U7 and U8 shall not engage in heading, either in practices or in games. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the offense.

NYSA OPERATING PROCEDURES B-2
Developmental Playing Rules

L. Fouls and Misconduct:

- All fouls (tripping, kicking, pushing, holding, jumping, charging or handball) will result in an indirect free kick. An indirect free kick must be touched by another teammate or opponent before a goal can be scored. Opponents must be 5 yards from the ball when the indirect free kick is taken.
- There are no direct free kicks awarded at U7 or U8.
- A handball should not be used to the player's advantage but is allowed for protection of the face and chest.
- Slide tackling will not be allowed.

M. Method of Scoring:

Goal scored when the entire ball crosses over the goal line (the black strap) of the Pugg goal.

N. Offside:

The offside rule does not apply at U7 or U8.

O. Penalty Kick:

There are no penalty kicks awarded at U7 or U8.

P. Throw In:

- One re-throw must be allowed if a foul throw occurs.
- When the ball passes completely out of the field of play along the touchline, the result is a throw-in. The ball will be thrown using two hands, overhead with both feet on the ground. In the event the player does not throw successfully, the player should be given another opportunity and guidance as to how to throw the ball in.

Q. Goal Kick:

In the event the attacking team kicks the ball across the goal line, but not into the goal, the result is a goal kick. The defending team restarts with a kick 3 yards in front of their Pugg goal.

R. Build Out Lines

- When a goal kick is taken, the opposing team must move behind the build out line. Once the ball is received by a teammate, the opposing team can cross the build out line and play resumes as normal.

R. Corner Kick:

In the event the defending team kicks the ball out of play across the goal line in their end, the result is a corner kick. The attacking team places the ball in the corner on the side the ball left the field and kicks it into the field of play. The opponents must be 5 yards from the corner kick.

S. Goalkeeper:

- There are no goalkeepers or use of the hands during the game.

T. Sportsmanship:

- Coaches and players shall reside on the same side of the field. Spectators from both teams will observe the game from the opposite side of the two teams.
- Team coaches and players shall shake hands with opponent and referee after each game.
- Coaches, managers, team officials and parents shall not criticize game officials at any time and shall encourage the same attitude among all players and supporters.
- No league standings or scores shall be published. Scores shall be reported by both coaches to NYSA after every game, regardless if the game had a referee.

U. Sponsor:

NO SPONSORSHIP OF A TEAM SHALL BE ALLOWED

U7 & U8 4v4 SOCCER FIELD

36x25 yard field with build out lines 12 yards out from each goal line.

