



YOUTH 4V4 U7/U8 SOCCER TOURNAMENT RULES

1. Game Duration:

- The match consists of four 10-minute quarters.

2. Ball and Uniforms:

- A size 3 ball will be used, provided by the home team.
- The home team will wear light-colored uniforms. The away team will wear dark-colored uniforms. If the away team arrives in a light-colored uniform, they must change to dark uniforms or wear contrasting training bibs.

3. Offside Rule:

- The offside rule is not enforced.

4. Free Kicks and Restarts:

- All free kicks, goal kicks, kick-ins, and corner kicks are indirect.
- No goal kicks; restarts with a kick or dribble in. Opposing team must retreat to the half-line until the ball is in play.
- No throw-ins; only dribbles or kick-ins.

5. Penalties and Handballs:

- No penalty kicks. For handballs preventing a goal, an indirect kick is awarded from 10 yards out.

6. Substitutions and Coaching:

- Substitutions can be made at any time by either team.
- One coach from each team is allowed on the field to manage players.

7. Referee:

- There is only one referee for the match.

8. Heading:

- Heading the ball is not allowed.

9. Goalkeeper Rule:

- No player is allowed to act as a dedicated goalkeeper. Players should not be assigned to stay back near or in front of the goal.

10. Sportsmanship and Conduct:

- Players, coaches, and spectators are expected to display good sportsmanship. Unsporting behavior will result in appropriate penalties.