



8U Rec Soccer Rules

Ball Size: Size Three (3)

Field Size: Approximately 60 yards x 35 yards

Goal Size: Approximately 6' Height x 12' Wide

Rosters:

- The game is played 8 vs 8 including a goalkeeper.
- The maximum number of players on a roster should not exceed sixteen (16).
- Each player shall play a minimum of 50% of the total playing time.
- All players not playing in the game must be in the team box, located behind the touchlines.
- Coaches and Parents are **NOT** allowed on the playing field to instruct players.
- No Forfeits. Teams may play with lesser players if necessary, depending on the smallest team size.

Equipment and Uniforms:

- Shin guards worn under the socks are mandatory.
- An NYS-administered or approved jersey must be worn during the game. All players must be wearing matching jerseys.
- Teams utilizing **NYS jerseys** must follow the following:
 - Home team wears **blue**, away team wears **white**.
- Jerseys should be tucked into shorts.
- Soccer cleats are recommended but not required.
- Baseball, football, track, or golf shoes are not allowed.
- No jewelry of any type is allowed. Newly pierced ears may be covered with tape or bandage.

Referees/Officials:

- NYS will provide one official for each game.
- All Coaches and spectators, who are watching a game, are prohibited from commenting or questioning a call of the Referee officiating the game. A disruption of this nature may result in disciplinary action upon review by the League Director.
- **FOR COMMENTS ON HOW A REFEREE IS OFFICIATING, TAKE YOUR ISSUES TO THE LEAGUE DIRECTOR.**

Game Duration:

- Each game will consist of two twenty-minute halves.
- Halftime will be 5 minutes long.
- Referees and site coordinators may add extra water breaks at their discretion.

Start of Play:

- A coin flip will take place at the beginning of each game. The team that wins the coin flip will get to choose if they would like to kick off or choose a side to defend.
- Play starts with a kick-off at the center mark of the field.
- The opposing team must stand 10 yards from the ball at each re-start.
- Players may not touch the ball twice at the start of play.
- Teams shall rotate sides and kick-offs at the half.

Substitutions:

- Substitutions are unlimited and allowed during any dead-ball situation or for injuries.
- Referees must be notified prior to a substitution.
- Players are not allowed to run on or off the field during play.

Throw-Ins:

- A throw-in will be awarded when the ball completely crosses the sideline. Coaches and referees will start to teach proper throw-in techniques.
- Players are allowed a second attempt after an illegal throw.

Goal Kick:

- A throw-in will be awarded when the ball completely crosses the sideline. Coaches and referees will start to teach proper throw-in techniques.
- Players are allowed a second attempt after an illegal throw.

Corner Kick:

- A corner kick is awarded when the defense kicks the ball over their goal line. The offensive team restarts play with a corner kick from within the corner arc on the side from which the ball went out of play.
- Defensive players must stand ten (10) yards away from the ball until the ball is touched and travels in a forward motion.
- The player taking the corner kick cannot touch the ball a second time unless it has been touched by another player.

Free Kicks:

- The referee, according to the infraction, will award direct or indirect free kick.
- Opposing players must stand ten (10) yards away from the ball until the ball is kicked.

Penalty Kicks:

- Penalty kicks are awarded when the defense commits a foul or infraction in the penalty area.
- Penalty kicks will be seven (7) yards away from the goal line.

Offside:

- Offside is not called for this age group.

Slide Tackling and Heading:

- All Players shall **NOT** head the ball directly from the air in any match or competition, nor shall these players practice heading the ball in any organized team setting. If a player deliberately heads the ball in a match, the referee shall award a free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award a free kick to the opposing team.
- Slide tackling is never allowed. If a player deliberately slide tackles in a match, the referee shall award a direct free kick to the opposing team at the spot of the infraction. If the infraction occurs within the penalty area by the defense, the referee shall award a penalty kick to the opposing team.

Scores and Standings:

- This is intended to be an instructional program, not a competitive league. Scores and standings will not be kept.

Coaches and Spectator Conduct/Responsibilities

- Family members, parents, and spectators are required to observe the contest from designated areas.
- Participants, coaches, parents, and family members must conduct themselves appropriately during gameplay.
- Participants, coaches, parents, and family members will refrain from the use of drugs, tobacco, and alcohol at all NYS facilities. Any use of these items will result in immediate removal from the field.
- Artificial noisemakers, such as, but not limited to, air horns, cowbells, drums, megaphones, car horns, etc., shall not be allowed. Electronic devices used to communicate between the Players and Coaches is not allowed.
- Inappropriate, rude, or confrontational behavior by a coach, player, or spectator may lead to disqualification from the game and possible suspension. These decisions are made at the sole discretion of the NYS League Officials.

RULES SUBJECT TO CHANGE WITHOUT NOTICE