

U7 & U8 RULES FOR 2026 CHALLENGE CUP TOURNAMENT

AGE OF PLAYERS	U7	U8
BALL SIZE	3	3
NUMBER OF PERIODS	4 Quarters	2 Halves
LENGTH OF PERIODS	10 minutes	22 minutes
HALF TIME (HT) PERIOD	4 minutes	5 minutes
BREAK BETWEEN QUARTERS 1&2 - 3&4	2 minutes	N/A
KICK OFFS	Alternate to start quarters. Opponents line up behind 6-yard line	Other Team KO 2nd Half. Backward is OK.
# OF PLAYERS ON THE FIELD	4 v 4	4 v 4
SUBSTITUTION OPPORTUNITIES	Any stoppage with referee's permission. Incoming subs must be at halfway line.	Any stoppage with referee's permission. Incoming subs must be at halfway line.
GOALKEEPER?	No	No
IS HEADING ALLOWED? * (See Footnote 1)	No	No
GOAL KICKS	Ball placed on 3-yard line. Attackers in own half. Ball is in play when it is kicked and moves.	Ball placed on 3-yard line. Attackers in own half. Ball is in play when it is kicked and moves.
OFFSIDE PENALIZED?	No	No
FREE KICKS	Indirect only	Indirect only
REQUIRED DISTANCE OPPONENTS MUST BE FROM BALL AT FREE KICKS	4 yards	4 yards
WILL YOU ALLOW A SCORE DIRECTLY FROM A KICK OFF, GOAL KICK OR CORNER KICK?	No, the ball must first touch a 2nd player first (IDFK)	No, the ball must first touch a 2nd player first (IDFK)
PENALTY KICKS?	No	No
ALLOW SCORE KICKED FROM DEFENSIVE HALF?	Yes	Yes
ALLOW REDO'S ON IMPROPER THROW-INS?	No	No
OVERTIME?	Only for a playoff game. Two full 5-minute periods.	

Footnote #1 - *If a U10 or younger player intentionally heads the ball, award an IDFK to opponents from spot of foul (or 6-yard line if inside the goal area).

U7 & U8 games will be officiated by only one referee assigned by the tournament assignor.

The referee will be unassisted by any assigned AR's or volunteer linespersons.

The referee or a tournament official must collect a roster with "approved" stamp from coaches prior to each game.

Referee will NOT read the names aloud; only do a "safety check" to save time & keep games on schedule.

No jewelry is allowed--including all bracelets & ear rings. Tape over piercings is not acceptable; jewelry must be removed

Home team wears dark jerseys; Away team wears light colored jerseys.

Winning team must initial/sign the game card after the match. If there is a tie, the home team coach must initial/sign the game card. Referees will give game cards to a Fire FC volunteer, who will assist in collecting after each round of games.

A Red Card issued to a player or coach or a spectator send off will be reported on the Game Report Card and a Supplemental Report (available at the "Ref Tent") will be completed at the referee's earliest opportunity.

Coaches are responsible for gathering roster from referee after each game. If a roster is not returned to a coach, it will be delivered to the site coordinator by the referee.