

4v4 Rules: U7 House



Playing Time: 4 quarters

- 4 x 10 minute quarters, 2 minute quarter-time breaks, 5 minute halftime break

Number of Players on Field: 4 v. 4

- No Goalkeepers
- Roster limit: 12

Ball Size: 3, home team provides

Field Dimensions: 30 yards x 25 yards

Team Areas:

- Player & Coach Sideline: ONLY rostered players and officials allowed •
- Parent/Spectator Sideline: MUST sit/stand on half of field directly opposite their team's players and coach(es)

Restarts: All restarts are indirect

Throw-ins:

- Pass-ins or dribble-ins will replace throw-ins/coaches throwing the ball back into play.

Heading: Not Allowed

Playing Time

- Playing Time: Each player MUST play a minimum of 50% of the total playing time.
- Coaches MUST make every effort to balance playing time between all players at game

The Field

- Conforms to USYSA U8 field dimensions, approximately 30 yards by 25 yards
- Goals: 2 small goals, measurements will vary by field.

Number of Players

- All players must be registered with VYS in the current season.
- Coaches should loan players to a team that are short handed in order to allow all children to play and have fun!
- Regardless of score (which is not kept), a less competitive team may add an extra player or players in order to have a competitive game.

Substitutions

- Substitutions can be made at any time, even during play

Players' Equipment

- If a player is wearing a cast or hard splint, it must be covered with a minimum of 1/4" closed cell foam or equivalent padding. The referee has the final decision whether the cast/splint represents a safety issue and if the player is allowed to play.
- No jewelry is allowed.
- Uniforms: All Players are required to wear the appropriate VYS jerseys at all games
- The team listed first on the schedule shall be the home team.
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats. No shoes with toe cleats (baseball cleats). No metal cleats.

Referees

- There are no Referees at this level of play

Duration of the Game

U7: 4 x 10-minute quarters

- 10 minute quarters,
- 2 minute quarter-time breaks,
- 5 minute halftime break

Starting the Game

- The game begins with a kickoff in the center circle, by the Home team, to start the first half. The Away team will kick off to start the second half. The opposing team must be outside the center circle on their own half of the field
- A goal may NOT be scored directly from the kickoff. It must touch another player before going into the goal. If the ball is kicked directly into a goal from a kickoff award a goal kick
- A kickoff occurs at the beginning of each quarter and after each goal.
- Coaches should try to let play flow to avoid constant stopping, and not call out of bounds in a strict manner, especially at the U7 age group.

Heading

- Whenever the ball strikes a player in the head, play is stopped.
- After determining if the player should be substituted due to injury, proper restart depends upon whether the player deliberately played the ball with his or her head. If this occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
- If the play by the head is deemed inadvertent, then the proper restart is a dropped ball at the place where the heading occurred.

Off-Side

- There is no offside

Fouls and Misconduct.

- All fouls will result in an in-direct free kick with the opponents 6 yards away.
- The coach/team volunteer is encouraged to explain ALL infractions to the offending player.
- Slide tackling is prohibited

Free Kick

- All fouls will result in an indirect free kick.
- Restarts will be at the point of the foul, if the violation occurred inside the goal area; from the closest area outside the goal area perpendicular to the goal line.
- All opponents must be 6 yards away until the ball is in play.

Penalty Kick

- No penalty kicks for this age group

Goal Kick & Corner Kicks

- Opponents of the kicking team will remain in their own half of the field until the ball is in play.
- Opponents must be no closer than the midfield line until the ball is in play.
- Goal kicks are taken from the team's goal line or goal area.
- Corner kicks - players can do pass-ins or dribbles-ins.

4v4 Rules: U8 House



Playing Time: 4 quarters

- 4 x 12 minute quarters, 2 minute quarter-time breaks, 5 minute halftime break

Number of Players on Field: 4 v. 4

- No Goalkeepers
- Roster limit: 12

Ball Size: 3, home team provides

Field Dimensions: 30 yards x 25 yards

Team Areas:

- Player & Coach Sideline: ONLY rostered players and officials allowed •
- Parent/Spectator Sideline: MUST sit/stand on half of field directly opposite their team's players and coach(es)

Restarts: All restarts are indirect

Throw-ins:

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- The team listed first on the schedule shall be the home team.
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats. No shoes with toe cleats (baseball cleats). No metal cleats.

Referees

- There are no Referees at this level of play

Duration of the Game

U8: 4 x 12-minute quarters

- 12 minute quarters,
- 2 minute quarter-time breaks,
- 5 minute halftime break

Starting the Game

- The game begins with a kickoff in the center circle, by the Home team, to start the first half. The Away team will kick off to start the second half. The opposing team must be outside the center circle on their own half of the field
- A goal may NOT be scored directly from the kickoff. It must touch another player before going into the goal. If the ball is kicked directly into a goal from a kickoff award a goal kick
- A kickoff occurs at the beginning of each quarter and after each goal.
- Coaches should try to let play flow to avoid constant stopping, and not call out of bounds in a strict manner, especially at the U8 age group.

Match Outcome

- If one team fails to appear for the match, the referee will note the absence in the game report and the commissioner will determine the outcome of the match.

Heading

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