

# **Optimist Soccer U8**

## **Rules and Notes**

### **(4 v 4)**

- 1. Games will be played at Lion's Club Park (not Lion's Soccer Field) near the first baseball fields**
- 2. Games will be played 4 v 4 with no goalkeepers. Each team should be divided into two groups of four before the game, the rest being substitutes. Two separate games will be played between the two teams simultaneously. All the players waiting should be substituted during every quarter break and half time. This system will insure that each player plays at least half of the game. The substitutes can go in for either of their two groups. The coaches should avoid giving the impression of having A and B teams; that is, no first string and second string teams!!!**
- 3. Each coach should be in charge of one of the two fields, and should not interfere with the other field. The coach takes the role of the referee when the ball is in play, and should avoid coaching except during breaks. The coach should take the role of the coach for both teams during injury breaks. Both teams join their actual coaches during the quarter-breaks and half time. A team parent may also be on each field to assist with the game.**
- 4. Scores or standings are not kept.**
- 5. Ball size is 3. Size 4 balls may also be used.**
- 6. Shin guards are mandatory. No player should be allowed to play without shin guards. Coaches should advise their players to wear long socks or sweat pants to cover shin guards. No jewelry should be worn. If the jewelry cannot be taken out, they should be taped. The coach should check players' equipment before the game. Players should be advised to put their shirts over their pants, if they are wearing pants with belt or any other type of loops. No garment should be worn on top of the team uniform.**
- 7. The game will be divided into four ten-minute quarters. There will be a two-minute break after the first and third quarters. There will be a break of four minutes between second and third quarters.**

- 8. The play is started in each quarter at the center of the field with a kick-off. Opponents must be 5 yards from the center mark for kick-off. The teams should alternate taking the kick-offs to start the quarters. Teams change sides at half time.**
- 9. There shall be no off-sides.**
- 10. All fouls will result in an indirect kick, which will be taken with opponents 5 yards away. The referee must explain all infractions (e.g. pushing, tripping, kicking, handling the ball, etc.) No penalty kicks will be taken. (To score a goal from an indirect kick, the ball needs to touch someone other than the player taking the kick.)**
- 11. Throw-in will be taken over the head using hands. One extra trial should be allowed, if the throw-in is not taken properly (Both feet should be on the ground, on or behind the touch-lines, and both hands exerting equal force with no twist to the ball.)**
- 12. Opponents must be 5 yards away from the ball during goal kick.**
- 13. Corner kick will be taken as an indirect kick from the corner point.**
- 14. We will have one make-up date. Should we have to cancel a game due to weather, call 426-2211 for cancellation information on the day of the game. Safety first. Suspend/Cancel the games immediately if thunderstorm or any other dangerous circumstance starts developing.**