

AAYSA Rules – 7U / 8U

Field of Play:

- Size: 30x50 yds
- 6'x12' goal

Equipment

- Ball - Size 3
- Shin Guards
- Shoes: soccer cleats are recommended; sneakers are allowed
- Jersey: Home team wears white; Away team wears color
- Goal keeper must wear a penny or a shirt that is a bright different color to distinguish them from other players

Teams

- Maximum 10 players per team
- 5v5

Length of Game

- Four 10-minute quarters
- 2 minutes between quarters and 5-minute halftime
- Each player must play, as minimum, 50% of each half
- Substitutions:
 - Throw-in - by team in possession only
 - Goal kick – either team
 - After a score – either team
 - After an injury and referee stops the game – either team
 - Halftime or quarter – either team

Game Play

- Score is kept
- Kick Off: a coin toss will determine who kicks off first and which side of the field to start on. The winner of the coin toss will choose which side to defend and the loser will get the ball first. They will switch sides for the second half and the other team will kick off. 2nd and 4th quarters will resume where play in the previous quarter stopped.
- Out of Bounds: Ball is out of play when it crosses over the out of bounds line in full
 - Throw In – at the spot the ball goes out of bounds
 - Goal Kick – when played over the goal line by the attacking team; defending team kicks from anywhere in the goal box
 - Corner Kick – when played over the goal line by the defending team; attacking team kicks from corner arch on the side the ball went out of bounds.
- Goal: When the entire ball passes over the goal line.
- Keepers may not punt or drop kick the ball
- Headers are strictly prohibited at this age
- Goals may not be scored by an indirect free kick: kick offs, or goal kicks
- Defending players must be at least 12 feet away from the ball at the time of a free kick.

Coaches / Referees

- One referee will be provided by the league
- If a referee is unavailable the coaches will act as referees
- Coaches are not allowed on the field during play but may go on at the start of each quarter to help set players up

Parents / Spectators

- Sit opposite their team on the field at least 1 yard away from out of bounds line
- May not sit on same side as players or behind goals
- Absolutely NO DOGS ALLOWED

Fouls / Misconduct

- Offsides is not called
- No penalty kicks
- If a throw in is done improperly, the referee will explain the correct method and let them try again. If a throw in is improper on the 3rd throw the opposing team gets possession of the ball.
- Slide tackles are strictly prohibited
- Intentionally kicking, tripping, holding, pushing or pulling another player will result in a free kick for the other team at the spot of the foul.
- Handball: Handling the ball any part of the hand or arm. It is not considered a hand ball if the player is using their arms or hands to protect their body from being struck by the ball (i.e. face, chest, groin, etc.). It is up to the sole discretion of the referee. A free kick to the opposing team is awarded for a handball call.