

**WINDSOR PARKS AND RECREATION
SOCCER PROGRAM
Modified NFHS Soccer Rules
YOUTH RECREATIONAL LEAGUE
7U/8U**

LAW I – THE FIELD

- A. DIMENSIONS. The field shall be rectangular, its length being not more than 40 yards nor less than 30 yards and its width not more than 30 yards or less than 20 yards. The length in all cases shall exceed the width.
- B. MARKINGS:
 - 1. Distinctive lines not more than five (5) inches wide.
 - 2. A halfway line shall be marked out across the field.
 - 3. A center circle with a five (4) yard radius.
 - 4. Goal Area – two (2) feet from each goal post and six (6) feet into the field of play joined by a line drawn parallel with the goal-line.
 - 5. Penalty Area – Ten (10) feet from each goal post and fifteen (15) feet into the field of play joined by a line drawn parallel with the goal line.
- C. GOALS: Maximum: four (4) feet high and six (6) feet wide.

LAW II – THE BALL: Size three (3).

LAW III – NUMBER OF PLAYERS

- A. Maximum number of players, per team, on the field at any one time: FOUR (4). A goal keeper is not used. Full backs, if used, should NOT be stationed in the goal area – let them play!
- B. Maximum number of players on the roster shall not exceed eight (8).
- C. Substitutions – Players may be substituted at quarter breaks only or for injuries or at discretion of official for equal playing time.
- D. Each player **shall** have equal playing time. All positions **shall** be rotated as best as possible.

LAW IV – PLAYERS EQUIPMENT

- A. Shirt: Shall be the Maroon/Gold reversible jersey approved by the WPR&C
- B. Shorts or pants.
- C. Shin guards: MANDATORY
- D. Shoes: Shall be safe – tennis shoes or soccer cleats. No steel toed cleats will be allowed.
- E. No jewelry, watches, rings, belts, earrings or anything dangerous to players shall be permitted.

LAW V – THE REFEREE

- A. All rule infractions shall be briefly explained to the offending player.
- B. The game is for the players and the primary function of the Official is to ensure:
 - 1. **SAFETY** of the players-stop play for any dangerous situation and for any injury.

2. **EQUALITY** of play. Don't allow any player to gain an advantage from any of the infractions listed in Law XII.
3. **ENJOYMENT** of all players and spectators. Focus on the Positive aspects of individual skills and team play and above all, **ENCOURAGE GOOD SPORTSMANSHIP!**

LAW VI – ASSISTANT REFEREES: Assistant referees shall not be used.

LAW VII – DURATION OF THE GAME

- A. The game shall be divided in four (4) equal eight (8) minute quarters.
- B. There shall be a two (2) minute break between quarter one (1) and quarter two (2), and another two (2) minute break between quarters three (3) and four (4).
- C. There shall be a five (5) minute half time break between quarters two (2) and three (3).

LAW VIII – THE START OF PLAY

- A. The team that wins the coin toss shall choose which goal it will attack for the first two quarters. Teams will switch sides after halftime. The other team takes the kickoff to start the match.
- B. Kickoff at the start of each period. The team that kicks off in the first quarter shall kickoff in the same direction in the third quarter. The teams **will** change ends at half and the team that defended the kickoff in the first and third quarters shall kickoff in the second and fourth quarters.
- C. Kick off after each goal by the team giving up the goal.
- D. All players must be in their half of the field when the ball is kicked, and the defending players must be at least four (4) yards from the ball (outside the center circle).
- E. The ball is in play when it is kicked in any direction.
- F. The player taking the kickoff may not touch the ball again until it has been touched by any other player on either team – violation results in a re-kick for the original kicking team.
- G. A goal **cannot** be scored directly from a kickoff.

LAW IX – BALL IN AND OUT OF PLAY

- A. The ball **is out** of play when:
 1. it has completely crossed the goal-line or touch-line, whether on the ground or in the air.
 2. the Official has stopped play.
- B. The ball **is in** play at all other times from the start of the match to the finish including:
 1. If it rebounds from a goal-post, cross-bar or corner-flag into the field of play.
 2. If it rebounds off the Official when they are in the field of play.

LAW X – METHOD OF SCORING

- A. The whole of the ball must completely cross the goal-line below the cross-bar and between the goal-posts.
- B. Ball contact is allowed within the goal area and any player may move through the goal area. The poison box rules no longer apply for 8U.
- C. A goal may only be scored from a touch (offensive or defensive) within the team's offensive half of the field. The ball must be completely on the offensive half of the field and cannot be touching the mid-line (Example: kick-off). If a player in their defensive half kicks the ball across the midline and

the ball hits another player (offensive or defensive) in their offensive half, and the ball goes into the goal, a goal will be awarded. If a ball is kicked from the defensive half and is not touched before the ball rests in the goal, a goal kick is awarded to the defensive team.

LAW XI – OFF-SIDE

There shall be no off-side.

LAW XII-FOULS AND MISCONDUCT

- A. All fouls will result in an INDIRECT FREE KICK. The opponents must be five (5) yards from the ball.
- B. The Official must explain ALL infractions to the offending player.

A player who commits any of the following six offences in a manner considered by the Club Official to be careless, reckless or involving disproportionate force:

- 1. Kicks, elbows, or attempts to kick an opponent; or
- 2. trips and opponent; or
- 3. jumps at an opponent; or
- 4. charges an opponent; or
- 5. strikes or attempts to strike and opponent; or
- 6. pushes an opponent; or

who commits any of the following offences:

- 1. slide tackling; or
- 2. holds and opponent; or
- 3. spits at an opponent; or
- 4. handles the ball deliberately, i.e., carries, strikes or propels the ball with his/her hand or arm.

DO NOT STOP PLAY FOR EVERY INCIDENT. THE RULES OF THE GAME ARE INTENDED TO PROVIDE THAT THE GAME SHOULD BE PLAYED WITH AS LITTLE INTERFERENCE AS POSSIBLE, AND IN THIS VIEW IT IS THE DUTY OF THE CLUB OFFICIAL TO PENALISE ONLY DELIBERATE BREACHES OF THE LAW.

LAW XIII-FREE KICKS

- A. All free kicks shall be classified as INDIRECT.
- B. The ball is in play when it is kicked and moves-minimal movement is required.
- C. A goal **may not** be scored directly from an indirect free kick, it must be touched by another player, any other player.
- D. For infractions inside the goal area the free kick shall be taken on the **penalty area line** nearest the infraction.
- E. The ball must be stationary when the free kick is taken.
- F. The kicker shall not play the ball a second time until it has been touched by another player-the violation results in an indirect free kick for the opponents.

- G. All opposing players must be at least five (5) yards from the ball.

LAW XIV-PENALTY KICKS

No penalty kicks are to be taken during these games.

LAW XV-THROW-IN

- A. Shall be taken when the ball has completely crossed the touch-line-either on the ground or in the air.
- B. Taken by player of the team opposing the team that last touched the ball before it went out of play.
- C. The thrower shall not play the ball again until it has been touched by another player, any other player-violation results in an indirect free kick for the opponents.
- D. Opponents can stand in front of the thrower but cannot jump or attempt to distract him/her.
- E. A goal **cannot** be scored directly from a throw-in.
- F. There will be **no corner kicks**, a throw from the corner of the field will be done instead.
- G. A proper throw-in requires that:
1. the thrower faces the field, and
 2. throw the ball with BOTH hands, from
 3. directly over and behind his/her head, with
 4. both feet on the ground, and
 5. on or behind the touch-line

In the event of a corner kick, a throw from the corner of the field will be done instead.

A second throw-in must be allowed if the player commits a foul on the initial attempt. The Official shall explain the proper method before allowing the player to re-throw. If, after the second attempt, the player commits a foul a throw-in will be awarded to the other team.

LAW XVI-GOAL KICK

- A. Shall be taken when:
1. the ball has completely crossed the goal-line –either on the ground or in the air
 2. not below the cross-bar and between the goal-posts; and
 3. was last touched by a player of the **attacking** team.
- B. The goal kick is taken by a player on the defending team from anywhere within the goal area.
- C. Defending players may be anywhere on the field.
- D. Attacking players must be outside the penalty area.
- E. The ball must be kicked beyond the penalty area before it can be touched or played by any other player. If the ball does not clear the penalty area – violation results in re-kicking the goal kick.
- F. The player who kicks the ball may not touch or play the ball again until it has been touched by another player outside of the penalty area- violation results in re-kicking the goal kick.
- G. A goal **may not** be scored directly from a goal kick.
- H. **If the team is unable to get the ball into play after a reasonable effort, the game shall be restarted with a drop ball near the touch line, closest to the top of penalty area line.**

LAW XVII – HEADING

- A. Deliberate heading of the ball will not be allowed
- B. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.

LAW XVIII – COACHING

- A. All coaches must stay behind the sidelines whenever the game is in play.