



HYSO 8U Youth

Outdoor Soccer



Player's Packet

City of Hermiston Parks and Recreation

UNIFORMS

1. Players must wear their HYSO issued uniform.
2. **Cleats are allowed (No Toe Cleat).**
3. Shin guards are required.
4. HYSO issued shorts are required, sweatpants may be worn in place of HYSO issued shorts.

PROTESTS

1. There will be no protests allowed. This is a fun semi-competitive league and we hope to maintain that at all times.
2. If you have a concern about the refereeing or anything else, please tell the on-site supervisor.

LEAGUE STANDINGS

1. There will be game scores kept at all divisions.

TEAM ROSTERS

1. Players are not permitted to practice or play with a team until they are officially registered through the Hermiston Parks and Recreation and assigned to a team.
2. Hermiston Parks and Recreation will make all additions and deletions to any rosters.

GAME CANCELLATIONS

1. Cancellations made during the season will only be done due to extreme situations or unforeseeable circumstances. If there is a question about cancellations, please call 541-667-5018.
2. There will be an attempt to notify all the coaches as soon as possible.

GAME and PRACTICE SCHEDULES

1. Are available online at www.hermistonsports.com.

8U Guidelines



8U Division:

Teams of 10 players max play games on Saturdays.

Practices:

Practices are held once per week on a separate day from game day. The duration of practice should not last longer than 60 minutes. HYSO schedules the practices and reserves fields. If the coach schedules a practice without HYSO prior authorization, they will become financially liable for any and all injuries that may occur.

The Field:

The field size for 8U games is 25-35 yards long, 15-25 yards wide.

The Markings:

Distinctive lines recommended. Halfway line the width of the field, marked equidistant between the goal lines.

The Goals:

Max size goals for 8U and the preferred size is 4 feet high and 6 feet wide.

The Ball:

A size 3 ball is used for 8U games.

The Players:

- **Numbers:** Four per team on the field; No goalkeepers. Ten maximum on roster.
- **Substitutions:** Between periods, at halftime and for injuries.
- **Playing Time:** Minimum of two periods per game and no player should play four periods until everyone has played three.
- **Teams:** Separate girls and boy's teams should be promoted at all levels of play.

- **Player Equipment:** Shoes and shin guards, covered by the socks, are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.

Duration of Game:

Four 10-minute periods. Halftime break of 5 minutes.

8U Officials:

Our referees are typically volunteer Hermiston High School soccer players who generously donate their time to support the league. As they are still learning and developing their skills, we ask that you treat them with respect, patience, and grace.

Our scorekeepers are Hermiston Parks and Recreation staff. In addition to managing the scoreboard, they assist with resolving officiating concerns after gathering input from referees, coaches, players, and parents.

Thank you for helping us foster a positive and respectful environment for all participants.

The Start of Play:

The game should start with a kick-off in the middle of the field.

The Kick-off:

A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Opponents must be eight yards from the center mark while kick-off is in progress.

Ball In and Out of Play:

The ball is out of play in all age group games when it completely crosses the touch line (sideline) or goal line (end line), either on the ground or in the air.

Method of Scoring:

A goal, in all age groups, is awarded when the ball completely crosses the goal line into the goal.

Fouls:

The opposing team must be at least ten feet from the ball when free kicks are taken in 8U games. The following, if done deliberately, are the fouls most likely to occur in 8U games: kicking, tripping, pushing, holding, handling the ball and dangerous play. Officials must remember that there is no need to stop play for technical violations that do not interrupt the flow of the game. It's a player's game and not a game of how many infractions can be identified, so keep the fun going and let them play.

Misconduct:

Misconduct should be rare in 8U games. There is no need for the public to caution and send off of young players (leave the red and yellow cards at home). Officials should work cooperatively with the coach when a player may need a 'time out'.

Free Kicks:

All free kicks in 8U are indirect kicks. Opponents must be at least ten feet from the ball or on the goal line between the goal posts during free kicks. Free kicks awarded to the attacking team inside the defending team's goal area are to be taken from the nearest point on the goal area line parallel to the goal line.

Offside:

No offside.

Throw-In:

Throw-ins used for U8 but are replaced with kick-ins at 7U. Opponents should be ten feet from the ball.

Goal Kick:

A goal kick is awarded to the opposing team, in 8U and older, when the attacking team is last to touch the ball before it crosses the goal line but without scoring a goal. The goal kick may be taken from any point inside the goal area. The opposing team must be at least ten feet away from the ball when the goal kick is taken in 8U games.

Corner Kick:

A corner kick is awarded to the opposing team, in 8U and older, when the defending team is last to touch the ball before it crosses the goal line but not scoring a goal. The opposing team must be at least ten feet from the ball when the corner kick is taken in 8U games.

Hand Ball:

A hand ball infraction occurs when a player handles the ball deliberately. The 'hand' includes the entire arm up to the top of the shoulder. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (ball striking hand or arm with no intent by the player) is not an offense and should not be penalized.

No Heading:

Consistent with the US Soccer mandates on heading the ball, heading is banned for all division 11U (12U and below for programs without single age divisions) and below in both practices and matches. An indirect free kick will be awarded to the opposing team if a player deliberately touches the ball with his/her head during a match (taken where the player touched the ball with his/her head).