

U7-U8 Recreation Laws of the Game

Law I: The Field of Play	<ul style="list-style-type: none"> ➤ Field: 20-30 yards wide x 40-50 yards long (length must exceed width). ➤ Goal: 4 feet tall x 6 feet wide. ➤ Goal area: 10-foot arc from the center of the goal. ➤ Midfield circle: 5-yard radius. ➤ Corner arc: 2-foot radius. ➤ Coaches and players will occupy one side of the field; fans will be on the opposite side.
Law II: The Ball	<ul style="list-style-type: none"> ➤ Size 3. ➤ The designated home team shall supply the game ball.
Law III: Number of Players	<ul style="list-style-type: none"> ➤ 4 field players; no goalkeepers. ➤ Substitutions: Allowed at any stoppage of play except free kicks. ➤ All players present must play a minimum of half the game.
Law IV: Player's Equipment	<ul style="list-style-type: none"> ➤ Shinguards are mandatory. Socks must cover the shinguards. ➤ Tennis shoes (sneakers) or soft cleats (no toe cleat). ➤ Supplied jersey. ➤ Shorts. Undergarments (sweat pants and sweatshirts) may be worn during cold weather.
Law V: Referee	<ul style="list-style-type: none"> ➤ A single certified referee. ➤ The referee should explain the rules to players, parents, and fans during the course of the game.
Law VI: Asst Referee	<ul style="list-style-type: none"> ➤ Not required.
Law VII: Duration of Match	<ul style="list-style-type: none"> ➤ 4 10-minute quarters. ➤ 5-minute halftime, 2-minute break between quarters 1 & 2 and 3 & 4. ➤ No overtime in regular season games.
Law VIII: Starts and Restarts	<ul style="list-style-type: none"> ➤ Kick-off at the start of the match and second half. Opponents must be 5 yards from the center mark until the ball is in play. ➤ Ball is in play when it is kicked and moves forward. ➤ The kicker of any restart cannot touch the ball again until it has touched another player.
Law IX: Ball In and Out of Play	<ul style="list-style-type: none"> ➤ The ball is out of play when it has completely crossed over the line
Law X: Method of Scoring	<ul style="list-style-type: none"> ➤ A goal is scored when the ball has completely crossed over the goal line between the goal posts and under the crossbar. ➤ Goals may not be scored directly from a kick-off.

Law XI: Offside	<ul style="list-style-type: none"> ➤ Not enforced.
Law XII: Fouls and Misconduct	<ul style="list-style-type: none"> ➤ The object is to teach the rules, maintain a fun atmosphere and not stop the game for the slightest infraction. ➤ A direct free kick will be awarded for: kicking an opponent, tripping, jumping or charging at an opponent, striking or attempting to strike an opponent, pushing, spitting, holding, or a handball. ➤ An indirect free kick will be awarded for: dangerous play, obstruction, or delay of game. ➤ <u>Goal Arc Rule:</u> The ball must be inside the goal arc before any player (attacker or defender) can enter the arc area. ➤ <u>Slide tackling is absolutely prohibited at this age.</u>
Law XIII: Free-Kicks	<ul style="list-style-type: none"> ➤ For both direct and indirect kicks, the ball must be stationary when the kick is taken and the kicker may not touch the ball a second time until it touches another player. ➤ Opponents must be 5 yards from the ball. ➤ The player kicking the ball may score directly from a direct free kick. ➤ An indirect free kick must touch another player from either team before going into the goal to count. The referee signals indirect free kick by raising his/her arm above head.
Law XIV: Penalty Kick	<ul style="list-style-type: none"> ➤ Since there is no penalty area, a penalty kick cannot be awarded.
Law XV: Throw-In	<ul style="list-style-type: none"> ➤ One retry is allowed. ➤ The referee should explain proper form as necessary.
Law XVI: Goal-Kick	<ul style="list-style-type: none"> ➤ Awarded when the attacking team kicks the ball over the goal line outside the goal posts ➤ Kick is taken from any point on the goal arc ➤ Opponents must be 5 yards from the ball until it is kicked. ➤ The player kicking the ball may not score directly from a goal kick. ➤ The kicker cannot touch the ball again until it has touched another player.
Law XVII: Corner-Kick	<ul style="list-style-type: none"> ➤ Awarded when the defending team kicks the ball over its own goal line outside the goal posts. ➤ Kick is taken from within the corner arc by the attacking team. ➤ Opponents must be 5 yards from the ball until it is kicked. ➤ The player kicking the ball may score directly from a corner kick. ➤ The kicker cannot touch the ball again until it has touched another player.