



5v5 - U8 Laws of the Game Made Easy



INTRODUCTION 5v5 Small Sided games have a universal appeal as each player is totally involved in the game and develops skills at an accelerated pace. The U8 program encourages movement through soccer related children's games. A young player's soccer experience should be a positive and fun one. Competitive pressures should be discouraged and players should be focused on the "everyone wins" theory. Children should be taught the basics of dribbling, passing, and trapping. U8 players will be expected to be able to dribble with both feet, develop a soft first touch, be introduced to shooting, and be introduced to passing. More importantly, they will have fun and develop a love for the game.

5V5 OFFICIAL LAWS—U8

Law I-The Field:

A. Dimensions:

1. The field shall be approximately 45 yards long and 30 yards wide.

A. Markings:

- a. Distinctive lines not more than five (5) inches wide.
- b. A halfway line shall be marked out across the field.
- c. Four corner arcs with a two (2) foot radius.
- d. Goals:6ft x 12ft
- e. Goal Box 24ft x 16ft
- f. Center Circle 24ft diameter

Law II-The Ball: Size three (3).

Law III—Number of Players:

- A. The Roster of a team is final upon completion. There is NO pool play or guest play allowed in the Rec division. A player may only play for one team and be on one roster.
- B. The Number of Players: A match is played by two teams, each consisting of not more than (4) four field players and one goalkeeper.
- C. Maximum number of players on the roster should not exceed (10) ten.
- D. If either team has less than 4 players to begin the game, coaches should mix teams as needed to allow the game to be played for the enjoyment of the players.
- E. Substitutions: Unlimited substitutions on any stoppage of play (such as throw-in, kickoff, freekick, goal kick, corner kick, injury). Recommend subbing midway through each period. E. PlayingTime: Each player SHALL play a minimum of 50% of the total playing time

Law IV—Players' Equipment: Conform to FIFA with the following exceptions:

- A. Footwear: Tennis shoes or soft-cleated soccer shoes.
- B. Shin Guards: MANDATORY.
- C. Jewelry: Players are not permitted to wear any kind of jewelry (including pierced earrings) Tape over earrings is not acceptable.



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Law V-Referee:

A. All rule infractions shall be briefly explained to the offending player. No cards are to be shown for misconduct.

Law VI-Referee/Assistant Referee:

A. One Referee

Law VII-Duration of the Game:

- A. The game shall be divided into four (4) equal quarters of twelve (12) minutes each.
- B. There shall be a 2-minute break between quarter one (1) and quarter two (2) and quarter three (3) and quarter four (4).
- C. There shall be a halftime of five (5) minutes between quarters two (2) and three (3). Parent/Coaches should substitute between quarters to ensure that all players present play a minimum of 50% of each game.

Law VIII-Start of Play: Conform to FIFA with the following exception:

- A. Opponents must be four (4) yards from the ball while kick-offs are in progress. The ball should be played back to team mate to initiate first pass prior to going forward.
- B. A goal may **NOT** be scored directly from the kickoff.
- C. **There will be NO Direct Free – Kicks to goal.**

Law IX-Ball In and Out of Play: Conform to FIFA.

Law X-Method of Scoring: Conform to FIFA. NO HEADING of the ball at this level.

Law XI-Off-Sides: There will be no off-side.

Law XII-Fouls and Misconduct:

- A. All fouls shall result an indirect free kick with the opponents four (4) yards away.
- B. The coach/parent must explain ALL infractions to the offending player.

Law XIII-Free Kick: Conform to FIFA with the following exceptions

- A. All kicks are indirect, and opponents must be four (4) yards from the ball until it is played. Dots are in place to provide player placement off the ball and should be utilized as often as possible.

Law XIV-Penalty Kick:

No penalty kicks are to be taken.

Law XV-Throw-in:

- A. Throw ins will awarded when the entire ball crosses over the side line.
- B. Player throwing ball in must be positioned behind sideline where ball crossed over the line.
- C. Player throwing the ball in must do so with two hands position ball behind their head with both feet on the ground. If done incorrectly player should be given the opportunity to repeat



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his effort correctly.

- D. Opponents should be at least four (4) yards away until ball is in play, dots have been put in place to establish the distance and should be used to begin proper player behavior for the future.

Law XVI-Goal Kick: Conform to FIFA with this exception:

- A. Defending team (team not taking goal kick) will back up to the halfway line, positioning themselves on the dots. Once ball is touched for goal kick defending team can come out of their half.

Law XVII–Corner Kick:

- A. Conform to FIFA
- B. Exception is that opponents must remain four (4) yards away until ball is in play. The dots have been set in place to give both sides and goal keepers proper spacing to establish a first to the ball opportunity. Keep in mind with the goal keeper in place this action should be closely monitored.

Law XVIII – The Goalkeeper:

- A. Conform to FIFA
- B. Keeper is allowed to use of hands in the box area of the goal to prevent scoring and distribute the ball to team mates to advance the ball forward.
- C. When the keeper places a hand on the ball, it is considered in his/her possession and all play is considered a restart for the keeper to advance the play. Defensive group should be in their defensive half on their dots.
- D. Keeper is considered a field player outside of the box and all rules of that position apply.
- E. Hands cannot be used outside box- If this does occur a throw in will be rewarded to opposing team on sideline closest to where the infraction occurred.
- F. **NO PUNTING ALLOWED**

BENEFITS OF 5V5 PLAY

- A. More time with the coach.
- B. More practical space to operate in.
- C. Increased contact with the ball.
- D. More actual playing time.
- E. Energetic workouts due to playing both offense and defense.
- F. Required to make more decisions.
- G. Experience repeating game situations more frequently.
- H. While learning both offense and defense, a player will become more complete and will more readily understand the roles of teammates.
- I. The work rate and involvement of the player stays consistent.
- J. This is the next progression to 7v7 play and introduction of more laws of the game as players advance in their player pathway.



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Safety is our Priority

