



WESTERN SUSSEX SOCCER YOUTH ASSOCIATION

U-8 Rules

Fall 2019

- 4 x 10 Minute quarters with 3-minutes half time and 1-minute break between quarters
- Size 3 Ball
- Play is 6 v 6 with the goal keeper
- Throw ins are introduced for returning ball to play after out of bounds
 - Ball must travel completely over throwers head from back to front
 - Feet must maintain contact with ground during entire motion
 - Throw ins are indirect and must touch another player before scoring on goal
 - First 2 weeks of season, improper throw ins will get the opportunity to try again
 - In the 3rd week of the season, improper throw in will result in change of possession
- NO HEADERS
- NO SLIDE TACKLES
- NO laying on ground to play the ball
- Kicking ball from start of game into goal will not count-ball must be passed at kickoff
- Direct Kick - does not have to touch another player before a score on goal
- Indirect Kick - must touch another player before a score on goal

We are introducing a goal keeper and a larger goal this season for this division. We are doing this to help train goalies, coaches and parents about the goalie position and offsides. The goalie will learn about the goal box and the skills/tasks of the goalie position. They can throw or drop kick out of goal. No player will be permitted to intentionally position themselves in an offside position by their own accord or coach instruction. We will not be calling penalties for being in an offside position but when a player is in an offside position they will be told to move by the referee and why they need to move. If a goal is scored by a player in offside position, **it will still count as a goal**. We are not enforcing the offside rule. We are trying to educate and make aware of the offside rule. In this situation, the player and coach will be informed that once they move to U10, it would not have counted and why. Again, we want to train and introduce rules in “baby steps” so to speak. We are hoping that this will stop the scary feeling that players and coaches have when they move to the next level with such drastic changes in rule. Any questions? don't hesitate to ask

Goalies must wear shirt color other than blue or white

Long hair must be restrained with soft hair ties.

Mouth guards are required for any player wearing braces.

Shin guards under tall socks are required

Soccer style cleats are required.

No jewelry can be worn.