



Indoor Rules of Play Under 8

(Last updated October 2009)

SYSI rules are adapted from FIFA rules of the game based on the specifics of this age group as well as the conditions offered in the indoor venues available. Please see the comments section for detailed tips on each law.

LAW # 1 – INDOOR FIELD OF PLAY

- **Indoor facilities:**
 - o SaskTel Sports Centre ~ STSC

- **Field surface:**
 - o Indoor ½ hard court STSC
 - o Indoor ⅛ field turf STSC (Jamboree Games)

- **Field size:**
 - o Indoor ½ hard court STSC ~ 16 x 26 yards
 - o Indoor ⅛ field turf STSC ~ 16 x 26 yards

- **Field markings:**
 - o Existing lines on the field and additional cones if desired.
 - o The center divides the field of play in 2 halves with the center point (kick off) at the middle of the center (halfway) line.
 - o No Penalty Area, Flag posts in U8 indoor.
 - o The goal crease which is the equivalent of a mini-goal area is introduced to indicate the goal area the goalkeeper is allowed to handle the ball with his hands.

- **The goals:**
 - o Must be placed on the center of each goal line ~ 8-9 ft width x 4.5-5 ft height

LAW # 2 – THE BALL

- **U8 = Size 3 or 4**
- The ball must be appropriate for the age of the player. Size 4 ball is smaller and lighter allowing an easier kick, dribble or pass.
- Please ensure that the ball is pumped up, but with a small amount of “give” to assist players with ball control. Remember safety first.

LAW # 3 – THE NUMBER OF PLAYERS

- **Format of play is 4 vs 4** on the field at any given time with a maximum number of 10 players for each team.
- **Goalkeepers** are allowed at Under-8.
 - o The goalkeeper position is not to be assigned to one or two players ~ this position must rotate amongst all players on the team.
 - o The goalkeeper role should not be limited to staying in goal.
 - o Try to have your goalkeeper come out and play, pass the ball and participate in the offensive game.
 - o Make sure that the goalkeepers are not stuck in the goal for the whole game and rotate them around with other players.
 - o Also offer the opportunity to be a goalkeeper to all the kids interested but make sure they do have sufficient time to run around as well.
 - o Due to the small number of players and the specifics of the U8 (kids want to run with the ball), the goalkeeper at this age group should not be considered only a classic goalkeeper but more like “the extra help in attack”.
- **Time-outs** are called roughly every 10 minutes, which allow for substitutions of all players on the field.
 - o Rational: players that are changed every 2 – 3 minutes very seldom touch the ball during that time (sometimes never touching the ball). With a longer consistent time on the floor the players will have more of an opportunity to touch the ball and learn to play the game, enjoying their soccer experience.
- **Substitutions** are permitted at time-outs and at half-time.

LAW # 4 – THE PLAYERS EQUIPMENT

- Players should wear equipment that is safe to both themselves and others.
- Each team should try to wear colors that differentiate clearly from each other. The goalkeepers should have a different bib or jersey that can identify them as the only players that can handle the ball in the goal crease.
- An official “soccer kit” includes a jersey, shorts, socks and shin-guards.
- Shirts should be tucked in and socks should be pulled up over the shin-guards. This is done in case the shin-guards have edges to them that may hurt their fellow players.
- Shoes should not be wet!! Don’t let players on the court with wet shoes as it creates a danger for everyone! Remember safety first!

LAW # 5 – THE REFEREES

- Coaches / Assistant Coaches are the referees in Under 8 Mini Soccer.
- Coaches are encouraged before each game to talk with their counterpart concerning rules of play.
- Make sure that the rules are followed and that the Fair Play nature of the game is followed. Remember kids emulate adults all the time.
- Each coach should stand outside the field of play in his or her own half of the field.
- **We are here to make the game enjoyable for the children, parents and fans watching the game come second!**

LAW # 6 – DURATION OF THE MATCH

- Coaches are encouraged to discuss length of game time at the start of their scheduled hour.
- Teams are recommended to play fun drills, games or warm up activities for the first 20 minutes. Overall recommended duration of the game is a total of 32 minutes with 2 x 16 min halves with timeouts roughly every 8 minutes.
- Estimated 4 x 8 minute substitution changes
- NOTE: Due to the busy schedule please try to be on time and have respect of others time on the floor. Use common sense and be considerate with problems that arise. Work them out and be a good example for the kids!!

LAW # 7 – KICK-OFF AND RESTART OF THE GAME

- Always takes place from the center point (visible or imaginary) of the halfway line (visible or imaginary) of the playing area.
- At the kick-off to start the game and after a goal is scored the opposing team will retreat to their own half and cannot move forward until the kick has been taken.
- Opposing players must be at least 3 meters (4 yards) away from the ball at the kick off after a goal and/or the start of the game and/or half time.
- The ball must move forward.

LAW # 8 – THE BALL IN AND OUT OF PLAY

- **Out of Play – walls are NOT live!**
- The ball is considered out of play if:
 - o If the ball goes over the sideline (touch line), or if it hits the bleachers, goes into stands (stages), into players benches, off of a parent, or off the ceiling, or any other amenity considered by both coaches to be “Out-of-Play” the game is restarted by:
 - A Kick-In (considered an INDIRECT - Free Kick ~ means that the ball must be passed before scoring a goal), taken from the point where the ball went out of play over the touch line (visible or imaginary) by the team that did not touch the ball last.
 - o If the ball goes over the goal line anywhere outside the goals area, depending on which team has touched the ball last, the game will be restarted with one of the following two scenarios:
 - A Goal Kick (considered an DIRECT- Free Kick) if the attacking team was the last team to touch the ball, taken within 2-3 yards from the goal line anywhere across the width of play at the nearest point it went out of play (or it can be taken from the crease line).
 - A Corner Kick (considered a DIRECT- Free Kick) if the defending team was the last one to touch the ball, taken from the corner of the field (intersection of goal line with touch line) on the side the field the ball went out of play.
- Opponents must be at least 4 yards away from the ball on all the above.

LAW # 9 – SCORING AND OFFSIDE

- There is no offside in mini soccer. Goals can be scored from anywhere on the field, but cannot be scored directly from a kick-off, kick-in or an indirect free kick.

LAW # 10 – FOULS AND MISCONDUCT

- Even though fouls in the game occur, they are almost always unintentional. Remember the age of these children in front of you. So when fouls occur (such as tripping, kicking, pushing, handling the ball intentionally, etc) the opposing team is awarded an **INDIRECT FREE KICK**. This means that the ball must first be passed to another player before a goal can be scored.
- The coach/parent should explain all the infringements to EVERYONE including the player who committed the foul. This will assist in not alienating the player and gives everyone an explanation of what is not correct behavior on the soccer field.
- No caution or send off should be issued to the players.
- **SLIDE TACKLES ARE NOT ALLOWED** in indoor soccer. Players are not allowed to leave their feet or “go to ground” to win the ball from the opponent. If any coach is found to be allowing this from their players, Disciplinary Action will be taken.

LAW # 11 – KICK-IN, GOAL KICK AND CORNER KICK

- There are three types of kicks when the ball goes out of play:
 - o THE KICK IN – considered INDIRECT free kick, the ball must be passed before a goal is scored. The kick in will be taken from the place the ball went out of play with the opponents at least 4 yards away until the ball is in play.
 - o THE GOAL KICK – considered a DIRECT free kick, a goal can be scored from it. The goal kick will be taken within 2-3 yards from the goal line anywhere from inside the crease area (goal area). The opponents must be at least 4 yards away from the ball until it is in play.
 - o CORNER KICK – considered a DIRECT free kick, a goal can be scored from it. The corner kick will be taken from the corner of the field where the goal line meets the sideline (where available) or from next to the cone that marks the corner of the field. The corner kick will be taken from the same side of the court where the ball went out of play. The opponents must be at least 4 yards away from the ball until it is in play.
- The kicker of all these 3 types of kicks must not touch the ball a second time before anybody else is touching the ball (teammate or opposing player).
- We do want to keep the game simple and fun but we also do NOT want the kids to learn the “wrong” concepts. It is more difficult to erase a wrongfully learnt perception (skill) and replace it with the right one than to actually teach the right one in the first place. Walls are not live anymore so the ball will go out of play. Letting the kids at U8 believe that it is fine if the ball goes out by 3-4 feet will create a wrong habit that will make the correct implementation harder at a later time (U10). It will make the game more complex than at U6 but with the addition of the goalkeeper, there are also more ways to solve new “problems- game situations” which will result in a superior knowledge and skill. Also at U8 kids are generally tempted to play in pairs so passing and receiving will occur more than U6.

Team Practices & Player Equipment/Jerseys

- Saskatoon Youth Soccer is not responsible for providing team equipment or jerseys for the teams as well as booking practice times.
- Practices are scheduled and determined between the team coaches and the Community Soccer Coordinator. Player equipment will be picked up by the coach from your Community Soccer Coordinator.