



## GUCS Rules: **Boys 7-8** and **Girls 7-8** years old

**Soccer Ball Size:** #4

**GAME DURATION:** 4 x 10-minute periods. At the end of each quarter, take a 5-minute break. Teams change ends only at half-time; teams may stay on the same side all game if both coaches agree.

**NUMBER OF PLAYERS:** Two teams of 7 players. One player will play goalkeeper. Coaches are encouraged to rotate their players to ensure a fair amount of playing time. Each player shall play a minimum of 50% of the total playing time.

**PLAYERS EQUIPMENT:** All players must wear shin guards. No metal cleats may be worn. Soccer cleats are recommended although sneakers are acceptable to wear. Socks must cover the shin guards completely. No jewelry is to be worn.

**SUBSTITUTIONS:** Whenever play is stopped, e.g., throw-in, free kick, after a goal.

**BALL IN AND OUT OF PLAY:** The ball is out of play when the *whole ball* crosses the *entire* touchline (sideline) or goal line, whether on the ground or in the air. The ball is in play at all other times.

**THE START OF PLAY / KICK-OFF:** Start each period or re-start the game after a goal is scored with a Direct kick-off at the center of the halfway line. The ball may be passed back. All players must remain on their own side of the halfway line until the ball is kicked. All opposing players must be outside the center circle prior to the kick. The player taking the kick may not touch the ball a second time until it has been played by ANY other player. (see DOUBLE TOUCH)

**GOAL KICK:** Restart with a Direct goal kick if the ball goes out of play over the goal line, last touched by a member of the *attacking* team. The ball is placed anywhere on the edge of the goal area. Opponents must be positioned outside of the *build-out line*. (See details below).

**CORNER KICK:** Restart with a Direct corner kick if the ball goes out of play over the goal line, last touched by a member of the *defending* team. The ball is placed on the corner of the field closest to the place where the ball went out within a yard from that corner. Opponents must be positioned at least 5 yards from the ball.

**PENALTY KICK:** A Direct kick to be taken from the penalty spot for Direct Kick violations committed in the penalty area by the defending team.

**THROW-IN:** Restart with a throw-in if the ball goes out of play over the touchline. The throw-in will be taken by a member of the opposing team that last touched the ball, within 1 yard of where the ball went out. Keep 2 feet on the ground with hands behind head. Opponents must stay at least 2 yards away.

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**FOULS & MISCONDUCT:** The referee may award a team a **Direct** Free Kick for intentional tripping, pushing, hitting, holding or ball handling. Goals can be scored from a Direct free kick. The referee may award a team an **Indirect** Free Kick for minor violations (such as obstruction and double touch). Another player, from either team, must touch the ball before a goal can be legally scored from an Indirect free kick. Referees should explain all infractions to the offending player. Whistle only on intentional fouls or to ensure the safety of the players.

**FREE KICK:** The kick is taken where the foul was committed. All opposing players must be situated at least 5 yards away from the ball. The kicker cannot touch the ball twice in a row.

**DOUBLE TOUCH:** If the player taking a free kick, kick-off, goal kick, corner kick or throw-in touches the ball twice in a row prior to being played by any other player, an Indirect free kick is awarded to the opposing team.

**REFEREE:** Each game will have one referee provided by the league. If no referee shows, coaches may use a parent or help each other out to referee their own game. Responsibilities: Player safety, enforcement of the game laws and time keeping. Explain the rules to the players.

**LINESMAN (Assistant Referee):** There are no linesmen.

**DROPPED BALL:** When play is stopped due to an injury (but not a foul), bad weather or other reason not covered elsewhere in these rules, the referee drops the ball for one player of the team that last touched the ball at the position where it was last touched. All other players (of both teams) must remain at least 5 yards from the ball until it is in play.

**METHOD OF SCORING:** A team is awarded a goal each time the *whole ball* crosses the *entire* portion of the goal line under the cross bar and between the posts in the goal that they are attacking. If a defending player unintentionally scores a goal against his/her own team, the goal is awarded to the attacking team. Goals cannot be scored directly from Indirect free kicks or throw-ins.

**GOALKEEPER:** Punting / Drop-kick not permitted. Also not permitted: Touching the ball with their hands if a teammate *intentionally* passes the ball to the goalkeeper.

**OFFSIDE:** There is NO offside.

**HEADING:** Not permitted.

(Mercy Rule: Maximum 6 goal difference. Coaches should ensure they are doing everything possible to prevent running up a high score.)

**Build-Out Line:** Build-out lines are about 18 yards from the goal line, where the opponent must retreat to when the ball is possessed by the goalkeeper or a goal kick/free kick is awarded. Once the ball is put into play (*thrown or kicked, and touched by a teammate*), the opposing players can rush back in over the build-out line. These lines were created to help players learn how to build the ball out of the back instead of kicking it long. Also allows the team to play out of the back with less pressure.

The goalkeeper can put the ball into play before the opponents have moved outside of the build-out line, in which case the opponents can immediately attempt to regain possession.