

8U Guidelines at Hilo AYSO

THE FIELD

Markings: Distinctive lines recommended.

Halfway line the width of the field, marked equidistant between the goal lines.

Center circle with a six-yard radius in the center of the field.

Goal area in front of each goal in a semicircle or 'rainbow'

Goals: Square goals kept in the container

Size 3 ball

DURATION OF PRACTICE

1 Practice/ week allowing for 1 hour each practice

DURATION OF GAME

20 minute halves consisting of 8-10 minute quarters and a 10 minute halftime break

NUMBER OF PLAYERS PER TEAM

Maximum number of players on the field at any time: four (4)

***no goalkeeper**

Maximum number of players on roster: seven (7)

Playing time: Minimum of 50% of the total playing time for each player and 75% when possible. No one should play four periods until everyone has played three

PLAYERS' EQUIPMENT

Footwear: Tennis shoes or soft-cleated soccer shoes

Shin guards: MANDATORY for both practices and games

REFEREE

The referee could be either a Registered Referee, Youth Referee, or 8U Referee.

A Coach or parent will be used if no referee is available.

Referees should briefly explain any infringements to the player(s) and help players with instructions. Referee decisions are final and must not be questioned by coaches.

THE START OF PLAY

No change from regular play except that opponents must be six (6) yards from the center mark while kick-off is in progress.

BALL IN AND OUT OF PLAY:

No change from regular play. Throw-ins from the sideline, goal kicks if the attacking team kicks the ball across the goal line; corner kicks if the defending team kicks the ball across the goal line. *Players should retreat to the midline in the case of a goal kick.*

METHOD OF SCORING

Rainbow Rule - players may not stand within the goal circle, and may not score from within that circle. A player who touches the ball within that circle takes the ball out of play, resulting in a corner kick if the defender touched the ball, and a goal kick if the attacker attempted to score.

AYSO RECOMMENDATIONS

Parents, coaches, and players from both teams cheer for each other before and/or after each game.

Parents and coaches should encourage players, but not coach or instruct during game time.

Spectators are not allowed behind either goal or within three (3) yards outside the touchline.