

# AYSO Aiea Region 118

## U8 Rules and Guidelines

1. Thank you for volunteering your time and efforts to help our children **HAVE FUN!**

2. The AYSO philosophy:

- **EVERYONE PLAYS**--minimum playing time is half a game or as outlined in these guidelines.
- **OPEN REGISTRATION**--the selection of players shall not be coach driven. The Region shall ensure fair consideration for all potential players, and registration is open to all players who wish to participate.
- **BALANCED TEAMS**--all teams in each level of play should be of equal ability and shall be matched according to the skills of the player.
- **GOOD SPORTSMANSHIP**--fair play, and friendly and clean competition.
- **POSITIVE COACHING**--positive actions and statements to encourage players to play to the best of their ability.
- **PLAYER DEVELOPMENT**--all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

3. Field and Ball

- Ala Puumalu Community Park (1575 Ala Puumalu Honolulu 96818) – Upper Field, near the Honolulu Country Club.
- Field dimensions: 50 yards X 35 yards.
- Goal dimensions: 6 feet high X 12 feet wide.
- **Sideline set-up:** Home team sits on the Makai or Diamond Head side of the field. Visitor team sits on the Mauka or Ewa side of the field.
- **No spectators are allowed to position themselves along the goal lines.**
- Coaches may not enter the field of play unless directed to by the referee.
- Size 3 Ball

4. Game duration:

- One game of 40 minutes, 2 halves of 20 minutes running time.
- 1-minute break halfway thru the first half and halfway thru the second half. Coaches may substitute players and allow players to re-hydrate (i.e. drink water, minimal coaching). Players should remain on the field.

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- 5 minutes break at halftime to switch players, allow players to rest, re-hydrate and coaching instructions should be given at this time
- For safety reasons, players will not be allowed to play if wearing: jewelry (e.g. earrings, rings, bracelets, watches, etc.) and hair accessories except for plain rubber bands without any plastic or metal attachments.
- Players play  $\frac{3}{4}$  of the game

### 5. Coin Toss:

- Visiting Team will call the coin toss.
- Winner of the coin toss selects the goal to attack and the other team kicks-off.

### 6. Rules of FIFA shall be followed except:

- **No slide tackling**
- **No heading**
- No penalty kicks are awarded
- The use of red and yellow cards is not permitted

### 7. Kicking Restarts:

- Since we do not have goalkeepers in this age group, **ALL fouls** will result in an **Indirect Free Kick (IFK)**.
- For safety reasons, a player must wait for the referee to signal before proceeding with kicking restarts (e.g. goal kicks, corner kicks, IFK, etc.).
- Referees will enforce the 6 yards away from the ball rule for all kicking restarts. If a foul occurs inside the goal area, place ball outside of goal area for the IFK. The 6-yard rule applies to the opposing players.
- **Kick-offs** that travel directly into the goal untouched by another player does not count as a score but will result in a goal kick for the defending team.

**Note:** Although in the older age groups, kicking off directly into the goal is allowable, the U8 age group does not have a goalkeeper to defend against these types of long shots. We would also like to discourage teams from the tactic of blasting the ball in from long distances. Instead, we encourage teams to shoot from inside the penalty box.

- **Goal Kick:**

- The ball is required to travel the minimum 6 yards before being in play. On the U8 field, the distance between the top of the goal line and the top of the penalty box is 6 yards. On a regulation size field, that distance would be 12 yards.

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- The player and not the referee should place the ball down in the goal area. Discourage players and coaches from wasting time by placing the ball down, then picking it up and moving it to another location.
  - **Note:** The team executing the goal kick is allowed to position players inside of the penalty box. We mention this only because of the misunderstanding that since players are not allowed to touch the ball inside of the penalty area, coaches/referees assume that players (team taking the kick) cannot be positioned in the penalty area.
- **ALL goal kicks:** The team defending the goal kick should position their players on their own half of the field (just beyond the mid-field line). Once the ball is kicked into play, the defending team is allowed to move towards the ball. They do not have to wait for the ball to reach a second player. This recommendation helps to minimize cheap goals which results in runaway scores.
- **Offside:** No "cherry picking" and "parking." The area inside the penalty box will be designated the: cherry picking area. Restart of a cherry picking infraction is an indirect kick from the penalty box.

Players are not, permitted to hang out by the goal on either offense or defense.

To enhance Player Development, all players are encouraged to be in the area of active play even when they don't have the ball—either actively making themselves targets for passes or actively defending opposing players (as opposed to hanging back guarding the goal).

Coaches must support referees in directing players away if they are hanging out by the goal. If a defending team gains an advantage from parking a defender near the goal, the referee may award a free kick and explain to the players why. If an attacker gains an advantage by cherry-picking near the goal, the referee should award a free kick to the defending team and explain why. (If the attacker scores, the goal should not be allowed and play should be restarted with a goal kick.)

(Repeat issues with parking and cherry-picking by a team should be reported by the referee or the other coach to the Division Coach so that Division Coach can work with the team coach on how to handle these issues during games)

- **Throw-in** rules should be enforced with some leniency for the first two weeks for U8 teams, at the referee's discretion. Please remember that referee, you have teaching moments, at the same time, you need to let the flow of the

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games continue, unless someone is getting an obvious advantage from the situation. Please try to provide some instruction when bad throw-ins occur. However, don't waste too much playing time allowing retakes of throw-ins.

### Scoring

1. Goals cannot be scored from a team's defensive side of the field.
  2. Goals cannot be scored by a goal kick.
  3. Goals cannot be scored by a kick-off
  4. Goals cannot be scored by a throw-in.
- **Runaway Scores:** Other than for purpose of the AGC to monitor play, U8 division does not publish scores or maintain win/loss standings. It serves no useful purpose for a team to outrageously outscore the other team. Coaches, please challenge your players in constructive ways if your team happens to be up by 3 or more goals, or allow the other team to score goals to catch up on the score.

In **SPIRIT** of good sportsmanship, please be tactful when using either approach. It would demean the other team (players and parents) to yell across the field to your players, "let the other team score" or "you can't score anymore until the other team catches up" or have your players be statues. Wait for the quarter or halftime break whenever possible to instruct your players.

### **Guidelines for challenging your players:**

First have each player who has scored 2 or more goals start attempting goals with their non-dominant foot: if player is still able to score have the player make 3 touches on the ball then pass off.

Allow only your weakest player to attack beyond the mid-field line. The other players regain possession and pass it up to that player.

8. **SPORTSMANSHIP:** Standings will be based on Sportsmanship points accumulated throughout the season. Details will be made available prior to the start of the season.

It cannot be overemphasized that the **AYSO program is FOR THE PLAYERS**. Parents & officials are role models for the kids. The sportsmanship program is directed at the player, the coach, the referee & the fan. The program builds in the principles of **SAFETY, FAIR PLAY & FUN**. The key to these principles is **RESPECT**, respect for the participants, officials, spectators & for the game of soccer. **SPORTSMANSHIP** is everyone's business!

**Coaches are responsible for the conduct of his/her team's players and team supporters.**

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**MOTTO: COMMITTED TO KIDS. "WINNING KIDS" comes first & winning games comes second.**

### Explanation of Cherry-Picking –

The "Cherry-Picking" rule replaces the usual "offside" rule and is defined as:

"If a player is inside the 12 yard line ahead of the ball and receives a pass from a team-mate, an IFK is awarded to the opponents."

This rule can be interpreted by referees as the standard offside law with the following exceptions:

- The player must be within the opponent's "cherry-picking" area.
- The position of the defenders is not considered, just the position of the ball.
- The penalty is a IFK.

All other considerations, e.g. the position of the player at the moment the ball is played or touched by a team-mate and involvement in active play are the same as for the standard offside rule.

**NO GOALKEEPERS - A "NO PARKING" rule is in effect.**

**THE "NO PARKING" RULE:** There is "No Parking" allowed in or adjacent to the goal area at either the offensive or defensive end of the field. The purpose of this rule is to avoid having a player simply stand near either goal while not actively playing the ball; that is, to prevent having de facto goalkeepers at the defensive end of the field and "cherry picking" attackers at the offensive end of the field. Players must learn the ebb and flow of the game. Coaches must cooperate with the Spirit of the Rule, and assist the referee in enforcing it.

Further, while the "No Parking" Rule is stated in terms of the Goal Area in front of the goal, coaches should not "park" defenders or an attacker right outside of the area as this would violate the spirit of the rule. The Rule is stated as follows:

No Defender or Attacker may be positioned or stand in, or immediately adjacent to, either Goal Area. Any player may enter either Goal Area to play the ball, but the player must then exit with the flow of play. Defenders may not act as de facto goalkeepers, or wait in front of the goal for the ball to be played to them. The referee shall have discretion to determine if the "No Parking" rule has been violated. If, in the referee's opinion, a player is improperly "parked" in front of the goal, the player should be instructed by the referee as to the violation of the Rule and must relocate. If, the "parked" player has been involved in play, a Free Kick should be awarded to the other team. If an attacking team is awarded a Free Kick due to a violation of the "No Parking", rule, it should be taken from the top of the Goal Area. If a defending team is awarded a Free Kick, it should be taken from the point of infraction