

MINI SOCCER RULES

U7-U8 SOCCER PROGRAM



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MINI-SOCCER RULES **U7-U8 SOCCER PROGRAM**

RULE 1: THE FIELD OF PLAY

Whenever possible Mini-Soccer should be played on a field designed for that purpose. In many instances, however, games will be played within or across standard soccer fields. The size of the goals shall be 5 metres wide and 2 metres high. Whenever possible, goal-nets shall be used.

RULE 2: THE BALL

The ball shall be spherical and shall be constructed of material which is not dangerous to the players. Ball size for 6- to 8-year-olds: size 4.¹

RULE 3: NUMBER OF PLAYERS

The game shall be played by two teams, each consisting of 6 players, one of whom shall be the goalkeeper. Teams must dress a minimum of 5 players and may dress a maximum of 12 players or as per their team roster². Unlimited substitution shall be allowed at any stoppage in the game^{3 4}.

RULE 4: PLAYERS' EQUIPMENT

Equipment shall consist of shorts, socks, shin-guards, footwear, and a numbered shirt⁵. Goalkeepers must wear colours, which are distinguishable from those of other players and those of the referee⁶. Goalkeepers may wear gloves and

¹ CSA Rules specify Size 3 but Soccer Chelsea uses Size 4

² For Soccer Chelsea, some teams have 13 players on their roster.

³ All substitutions must take place at the mid-field area. The exiting player must be off the field prior to the substitute entering the field. Both teams may substitute an unlimited number of players on goal kicks, after a goal is scored, at halftime, when a player is cautioned (yellow or red card), and during an injury. Only the team possessing the ball may initiate a substitution on a throw-in or corner kick; if so, the other team is also allowed to make a substitution.

⁴ If the referee stops the game for an injury, the injured player must be substituted for.

⁵ Each team must wear uniformly coloured numbered shirts, which contrast with the opponent's shirts tucked in the shorts.

⁶ The GK can simply wear a pinnie if a normal sweater of a different colour sweater is not available. The pinnie is easily removable when the GK is moved to a normal playing position on the field and vice versa.



tracksuit-type pants^{7 8}.

RULE 5: DURATION OF THE GAME

The game shall be divided into two equal halves or four equal quarters, the length of which shall be determined by competition organisers. The interval between periods of play shall be determined by competition organisers but shall be not less than 5 minutes^{9 10}.

RULE 6: START OF PLAY

The beginning of the game, choice of halves and the kick-off shall be decided by the toss of a coin. The team which wins the toss shall have choice of halves and the opposing team gets the kick-off. The order is reversed for the start of the second half. At a kick-off, all players shall be in their own half of the field of play. All players opposing the team taking the kick-off shall be not less than 6 metres from the ball until it is kicked off. The game shall be started by the referee giving a signal. The ball shall be kicked forward into the opponents' half of the field. The ball is in play when it is kicked and moves. For any infringement of rule, the kick-off shall be retaken. The player taking the kick-off must not play or touch the ball a second time before it has been played or touched by another player.

After a goal has been scored, the game shall be restarted by a kick-off, to be taken by a player of the team against which the goal was scored.

After the first half of play, the teams shall change halves and the kick-off shall be taken by a player of the team opposing that which started the game.

For any stoppage not mentioned elsewhere in these rules, the referee shall restart the game by dropping the ball at the place where the play was stopped, unless play was stopped in the penalty area. In this case, the ball shall be dropped on that

⁷ Shoes with rubber, nylon, or blunt plastic cleats may be worn. Shoes with metal cleats, metal tipped cleats, plastic cleats with sharp edges like baseball cleats or any other shoes deemed unsafe by the referee may not be used. Jewellery must be removed. Medical ID bracelets or necklaces and religious items, may be worn but must be taped to the body.

⁸ Players will rotate during the season between positions and have equal playing opportunities.

⁹ SoccerChelsea rules call for a 2-minute break after the First and 3rd Quarter. A 5-minute break is taken at the Half. There will be no overtime. The clock will only stop at the referee's discretion.

¹⁰ Both teams must be ready for play at the scheduled time. Match time is forfeit time. Teams must start and end the match with at least 6 players. The team without the required number of players will loose by default. A game will still be played where the team will be balanced.



part of the penalty area line that runs parallel to the goal-line, at the point nearest to where the ball was when play was stopped. The ball shall be in play as soon as it touches the ground.

A goal may be scored directly from a kick-off.

RULE 7: BALL IN AND OUT OF PLAY

The ball is out of play when the whole of the ball has crossed the goal-line, or touch-line, whether on the ground or in the air or when the game has been stopped by the referee. The ball is in play at all other times.

RULE 8: METHOD OF SCORING

A goal is scored when the whole of the ball has crossed over the goal line, between the goalposts and under the crossbar, provided it has not been thrown, carried, or intentionally propelled by hand or arm, by a player of the attacking team, except by a goalkeeper in his/her own penalty area.

RULE 9: FREE-KICK

For any infringement of the Rules of the Game when the ball is in play, the referee may award a free kick to the team opposing that of the offending player. The free kick shall be taken from the place where the infringement occurred, unless the free kick is awarded to the attacking team within the opponents' penalty area. In this case, the kick shall be taken from that part of the penalty area line, which runs parallel to the goal-line, at the point nearest to where the offence was committed. At the taking of a free kick, the ball shall be stationary and all opponents shall be at least 6 metres from the ball until it has been kicked. The ball shall be in play when it is kicked and moves. A player taking a free kick within his/her own penalty area shall kick the ball into play beyond the penalty area. The ball is in play when it is kicked and has passed outside the penalty area. All opponents shall be outside the penalty area and not less than 6 metres from the ball until it has been kicked. For any infringement of this rule, the free kick shall be retaken.

A player taking a free kick shall not play or touch the ball a second time until it has been played or touched by another player.

A goal may be scored directly from a free kick.



RULE 10: PENALTY KICK¹¹

A penalty kick shall be taken from the penalty mark. All players, with the exception of the defending goalkeeper and the player taking the kick, shall be outside the penalty area but within the field of play, and not less than 6 metres from the ball until it has been kicked. The goalkeeper remains on his/her goal line, facing the kicker, between the goalposts until the ball has been kicked. The player taking the penalty kick must not play or touch the ball a second time until it has been played or touched by another player. The time of play shall be extended at quarter-time, half-time, or at full-time to allow a penalty kick to be taken. In the event that time is extended, play shall end when a goal is not scored.

RULE 11: FOULS AND MISCONDUCT

Serious Fouls. A player who, in the opinion of the referee, intentionally or unintentionally commits any of the following offences shall be penalized by the awarding a free kick to the opposing team and be asked to report to the Coach for a debrief on the sideline^{12 13}:

- a. kicks or attempts to kick an opponent;
- b. trips an opponent;
- c. jumps at an opponent;
- d. charges an opponent in any manner;
- e. strikes, attempts to strike, or spits at an opponent;
- f. holds an opponent;
- g. pushes an opponent; and
- h. handles the ball, i.e. strikes, carries or propels the ball with hand or arm, excepting a goalkeeper within his/her own penalty area.

¹¹ For U7-U8 Program, a Penalty Kick will be played as an Indirect Free Kick.

¹² Any player committing a serious foul will be debriefed by the referee on the spot, be asked to report to the Coach for an explanation, and must be substituted for and will sit out at least one play. Player may only return in play at the next legal substitution opportunity. A second infraction in the same game will result in the expulsion from the Game.

¹³ Slide tackles are prohibited. A slide tackle is defined as a manoeuvre in which one or both feet slide on the ground in an attempt to tackle the ball that is in possession of an opponent. Any player using a slide tackle in the judgment of the referee will be red-carded.



Should a player commit one of the above offences within his/her own penalty area while the ball is in play, irrespective of the position of the ball, a penalty kick shall be awarded to the opposing team¹⁴.

Normal Foul. When a player commits a less serious foul, a free kick will be given to the opposing team.

Misconduct. Misconduct is defined as disrespect to the other player, coaches, referee or spectators, e.g. not following fair play. Misconduct will be treated as a serious foul and the same procedures will apply.

RULE 12: THROW-IN

When the whole of the ball has crossed the touch-line, either on the ground or in the air, the ball shall be thrown in, from the point where it left the field of play, by a member of the team opposing that of the player who last played or touched it. The player taking the throw-in shall face the field of play and part of both feet shall be on the ground, and on or behind the touch-line. The thrower shall use both hands to deliver the ball from behind and over his head. The ball shall be in play immediately after it enters the field of play. The player taking the throw-in must not play or touch the ball a second time before it has been played or touched by another player¹⁵.

RULE 13: GOAL KICK

When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goalposts having last been played or touched by a member of the attacking team, a goal kick shall be awarded to the defending team. The ball shall be kicked into play from a point within that half of the penalty area nearest to where the ball crossed the goal line. At the taking of a goal kick, all opponents shall be outside the penalty area and not less than 6 metres from the ball until it has been kicked into play. The ball shall be in play when it has travelled the distance of its own circumference and has left the penalty area. The player taking the goal kick must not play or touch the ball a second time before it

¹⁴ Direct kick fouls occurring inside the goal area will normally result in an Indirect Free Kick taken from the goal line. If the infraction was clearly intentional and taken to prevent a goal from being scored, the referee will allow the goal to count.

¹⁵ For the U7-U8 Program, only blatant violation of the throw-in rule shall be called back by the referee to limit interruptions in play. In such a case, the throw-in will be re-taken by the same player.



has been played or touched by another player. A goal may be scored directly from a goal kick, but only against the opposing team.

RULE 14: CORNER-KICK

When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goal posts, having last been played or touched by a member of the defending team, a corner-kick shall be awarded to the attacking team. The ball shall be kicked into play from within the corner-arc nearest to where the ball crossed the goal line. All opponents shall be less than 6 metres from the ball until it has been kicked. The ball must travel the distance of its own circumference to be in play. The player taking the corner-kick must not play or touch the ball a second time before it has been played or touched by another player. A goal may be scored directly from a corner-kick.

RULE 14: OFFSIDE¹⁶

Offside Position. It is not an offence in itself to be in an offside position. A player is in an offside position if being nearer to the opponents' goal line than both the ball and the second last opponent. A player is not in an offside position if the player is:

- i. In own half of the field of play, or
- j. Level with the second last opponent, or
- k. Level with the last two opponents

Offside Call. A player in an offside position is only called offside at the moment the ball touches or is played by another team player if the offside player is, in the opinion of the referee, involved in active play by:

- l. Interfering with play; or
- m. Interfering with an opponent; or
- n. Gaining an advantage by being in that position.

No Offside Conditions. There is no offside offence if a player receives the ball directly from:

- o. A goal kick; or
- p. A throw-in; or

¹⁶ In the U7-U8 Program, the off-side rule will not be applied.



q. A corner kick.

Offside Infringements/Sanctions. For any offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.