



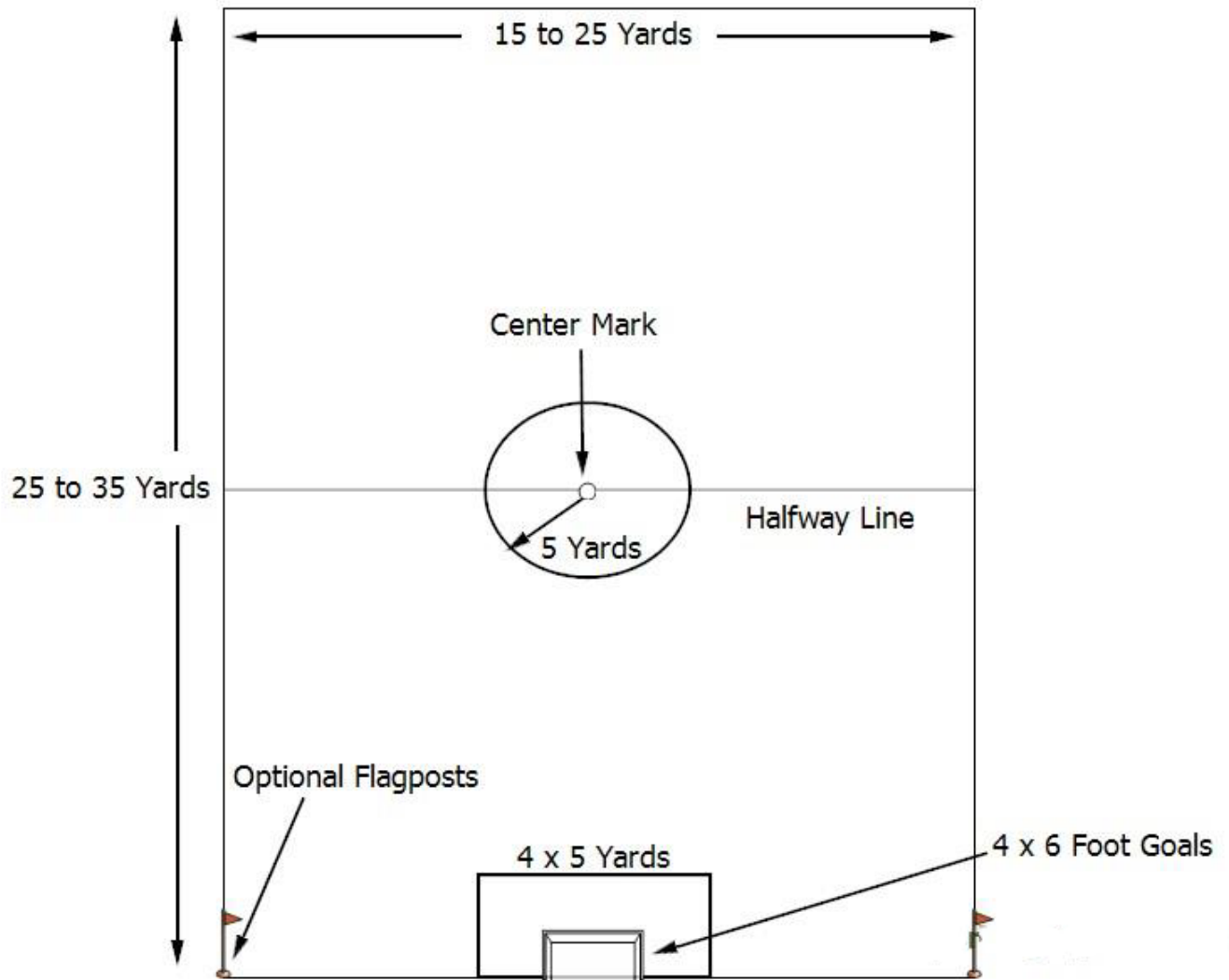
# Eastern Oregon Soccer League

## Laws of the Game- Modified 8 and Under (7U/8U)

### Law 1: Field of Play

- Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.
  - Length: 25 - 35 yards
  - Width: 15 - 25 yards
- Field Markings: Lines must be distinct. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line.
- Optional: A circle with a radius of five (5) yards should be marked around the center mark.
- The Goal Area: None.
- Optional: Two lines are drawn at right angles to the goal line four (4) yards from the inside of each goalpost. These lines extend into the field of play for a distance of five (5) yards and are joined by a line drawn parallel with the goal line.
- The Penalty Area: None.
- Flagposts: Corner flags are optional.
- The Corner Arc: None.
- Goals: Goals must be placed on the center of each goal line. Recommended size is 4 feet by 6 feet, but goals for this age group may be smaller.
- Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

- Diagram of 7U/8U field



### Law 2: The Ball

- Size three (3) ball

### Law 3: The Number of Players

- A match is played by two teams, each consisting of not more than four (4) players. There are NO goalkeepers.
- Substitutions: At any stoppage of play and unlimited.
- A player who is suspected to have a head injury leaves the field of play for additional evaluation, a substitution can be made in that moment.
- Playing time: Each player SHALL play a minimum of 50% of the total playing time. It is the coach's responsibility to enforce this rule. Teams and matches may be coed.
- The maximum team roster size is eight (8).

#### **Law 4: The Players Equipment**

- Conform to the FIFA Laws of the Game. Non-uniform clothing is allowed based on weather conditions, but uniforms must distinguish teams.
- Shinguards are MANDATORY for both practices and games, and must be covered entirely by socks. If needed, teams can be distinguished by scrimmage vests.
- Safety: A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry; with the exception of a medical alert bracelet).

#### **Law 5: The Referee**

- There is no need for fully qualified referees to manage 8 and Under games. One or both of the coaches should officiate/manage the game, while using best judgement of when to take advantage of teaching opportunities. Basic fouls and boundaries should be respected.
- All infringements should be briefly explained to the players.

#### **Law 6: The Other Match Officials**

- None

#### **Law 7: Duration of the Match**

- The match shall be divided into four (4) periods of not more than 10 minutes, based on the energy and motivation of the players. The length of the match should be determined before the match starts by both coaches.
- There shall be a maximum of a five (5) minute break between each period.

#### **Law 8: Start and Restart of Play**

- Conform to the FIFA Laws of the Game, with the exception that the defending team is at least five (5) yards from the ball until it is in play. Remember, let them play and do not interfere for technicalities.
- Optional for 6U and younger: Using the “new ball” system in which all restarts come from the coaches on the field acting as referees.

#### **Law 9: The ball In and Out of Play**

- Conforms to the FIFA Laws of the Game

#### **Law 10: The Method of Scoring**

- Conforms to the FIFA Laws of the Game

#### **Law 11: Offside**

- None

### **Law 12: Fouls and Misconduct**

- Conform to the FIFA Laws of the Game with the exception that all fouls shall result in an indirect free kick.
- When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area [if one is being used], the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
- The game official must explain ALL infringements to the offending player. No cards shown for misconduct.
- A hand-ball infraction occurs when a player handles the ball deliberately. The “hand” includes the entire arm up to the top of the shoulder. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (ball striking hand or arm) is not an offense and should not be penalized.

### **Law 13: Free Kicks**

- Conform to the FIFA Laws of the Game with the exception that all free kicks are indirect and all opponents are to be at least five (5) yards from the ball until it is kicked. Deliberate heading is not allowed in 4 vs. 4 games.

### **Law 14: The Penalty Kick**

- None

### **Law 15: The Throw-in**

- The throw-in is replaced with the pass-in; otherwise conform to the FIFA Laws of the Game. Opposing players are to be at least two (2) yards from the ball until it is kicked.
- Optional for 6U and younger: use the “new ball” system in which all restarts come from the coaches on the field acting as referees.

### **Law 16: The Goal Kick**

- The goal kick shall be taken anywhere along the goal line within five (5) yards of the goal. Opposing players must drop off five (5) yards from the ball until the ball is kicked.
- Optional: Opposing players must drop behind the half line.
- Optional: If the goal area is marked on the field of play then the goal kick shall be taken there. The ball must leave the goal area before being touched by another player.
- Optional for 6U and younger: use the “new ball” system in which all restarts come from the coaches on the field acting as referees. See the Developmental Philosophies section for more details.

### **Law 17: The Corner Kick**

- Conform to the FIFA Laws of the Game with the exception that opponents remain at least five (5) yards from the ball until it is kicked.
- Optional for 6U and younger: use the “new ball” system in which all restarts come from the coaches on the field acting as referees.

### **EOSL Developmental Philosophies and Best Practices**

- The “New Ball” system may be used for 6U and under. “New Ball” utilizes the coaches of both teams as “referees,” but both coaches will carry soccer balls with them on the field. When the ball goes out of play, the nearest coach puts a ball down and calls “new ball!” Coaches should work together to give opportunities of appropriate success and challenge to players on both teams.
- Coaches should have the age appropriate license issued by U.S. Soccer
- Formal games are not needed so playing with and against teammates at the end of each training session (1-2 per week) should be sufficient, but formal games are allowed.
- Formal rosters and teams are not needed so having a flexible and fluid approach to training and playing is recommended, but formal rosters/team are allowed.
- With 4 players on the field, having 6 players on each “team” when the “game” is played helps maximize participation and engagement.
- Remember that safety and fun are the top priorities so make adjustments as needed to ensure both are being promoted.
- Players should get regular chances to play in all positions and roles.
- Focus for training and instruction should revolve around technique, attitude, balance, and speed.