

U4-U8 Guidelines

1. Visitor calls coin toss.
2. Corner kicks and throw-ins are allowed.
3. No kick-ins.
4. Improper throw-ins will be allowed a second try.
5. U4 and U5 coaches are allowed on the field.
6. No goal keepers, and no permanent defender.
7. No jewelry, no exceptions.
8. Ball Size: 3
9. U4-U6: 8 minute quarters.
U7-U8: 10 minute quarters.
2 Minute Break between quarters with a 5 Minute Halftime.
10. All kicks are indirect which means the ball must touch another player before going into the goal except for kickoffs, corner kicks and goal kicks.
11. No headers.
12. Shin Guards are required.
13. Flat soled shoes or soccer cleats only. No baseball cleats (extra toe cleat).
14. Spectators are there to spectate. Coaches should be the only voice of direction for the players.
15. No slide tackling.
16. Coaches IDs are required. Associations may provide a first week of season grace period but should not be expected.