

# U7/8 Recreational Rules, Policies and Expectations

## General Rules

**Ball:** Size 3  
**Quarters:** 12 min  
**Quarter break:** 1 min (sub only)  
**Halftime break:** 4 min  
**Game Report:** Mandatory  
**Fields:** 2 side by side  
**Players:** 4 V 4 per field  
**Substitution:** On stoppages  
**Coaches on the field:** No  
**Goal keeper:** No  
**Offside:** No  
**Playing time:** 50%  
**Free kick distance:** 4 yards

## Safety Policies KASL and WYSA

**Jewelry metal / plastic:** None (including earrings)  
**Exceptions:** Medical bracelet or necklace  
**Shin guards:** Mandatory (players can not play without them)  
**Hard cast:** Player can't play  
**Soft cast with insert:** Take out the metal/plastic insert  
**Slide Tackling:** Not allowed (must be called)  
**Exception:** Sliding for a ball with no player around is allowed  
**Warm clothes under the uniform:** Yes  
**Exception:** Dangerous clothing (i.e. hoodies are not allowed)  
**Pets:** Not allowed (game can't start)  
**Exception:** Service dog (must be vested with papers)  
**Smoking:** Not allowed (youth sport)  
**Alcohol:** Not allowed (youth sport)

## The pre-game:

Coaches are required to get together and discuss game strategies five minutes prior to game time. Coaches are to workout issues like:

- a) All strong players on one field or two strong and to less skilled; (ect.)
- b) If a team is short players: discuss receiving players from the other team so the fields are balanced and this allows more playing time for all players?
- c) Communicate between quarter's or at half-time to restructure.

By doing these things, it is our attempt at preventing one team from winning 20 to 4 on one field and then losing 14 to 3 on the other. This will also promote the mental growth of all players by being competitive (no field is a blowout). Players will also develop faster with better soccer skills by playing players who are equal and are not running around them.

## Short players options:

- 1) Get pennies from the office and share players (allows maximum playing time).
- 2) Both teams short; play one field 3v3 or 5v5.
- 3) Play on one field and let the others play for fun on the other field.
- 4) Always try to prevent one team from having over 1/2 the kids sitting.

## Start of play:

Before we begin, in this age KASL has no problems with coaches just lining up. The home team flips the coin. The visitors call the flip. The winning team must decide which goal to defend (may not take the kick). There will not be a coin flip for both fields. This measure will help insure that if a child switches fields, he/she will know which way to go.

Team A wins the toss:

- a) Team A decides which goal to defend on both fields.
- b) Team B kicks off to start the game.
- c) You alternate kick-offs each quarter.
- d) At half-time teams will switch sides of the fields.

**The Game:**

Emphasis is on learning and having fun not the rules.

Wisconsin has a no score policy at this age; so, cheer for the good, bad and funny.

**Free kicks:**

All free kicks are Indirect (must touch another player before scoring).

**Hand ball:**

If he/she intentionally plays it, picks it up, catches it or knocks it out of the air.

**Fouls:**

Refs call all fouls.

**Cautions and ejections:**

Refs are allowed to show cards at this age. Coaches must sub a player out who receives a caution (for an explanation of why they can not do what they are doing).

Any player ejected may not return for the remainder of the game; the team must also play short one player for the remainder of the game on that field.

**Restarts:** (Throw-in, kick-off, corner kick, goal kick, free kicks and fouls)

1) Coaches or referees, explain what to do before they attempt it.

2) If done improperly, the restart goes to the opposing team.

Above the rules of the game is the enjoyment for soccer. In this age bracket, the emphasis is on let the kids play and let the game go on. Like the referees, coaches should emphasize the rules to his/her team while playing and not being argumentative about fouls that will get called as they progress in ages. Remember, every time a foul or bad restart is called, it takes 30-45 seconds to restart play (if 20 fouls or bad restarts where called, over 25% of the game is missed).

**When is the ball out (basic info)?**

Throw-in = When the ball completely crosses the sideline.

Proper way= on or behind the line, both feet on the ground, face the field and hands behind the head

Bad throw= jumps, lifts foot, on the field, one handed throw, etc.

After the throw-in, another player must touch the ball before the thrower.

Goal kick = The ball completely crosses your end line; last touched by your opponents.

Proper way= Place the ball on the goal ark, opponents 3 yards away and it must be kicked into the field of play (can not score on yourself)

After the goal kick, another player must touch the ball before the kicker.

Corner kick = The ball completely crosses your opponents end line and is also last touched by your opponents.

Proper way= Place the ball on the corner ark, opponents 3 yards away and it must be kicked into the field of play (can not score on yourself)

After the corner kick, another player must touch the ball before the kicker.

kick-off = How we start each quarter and after a goal is scored.

Proper way= All players on their own half, the ball must go forwards (not back)  
After the kick-off, another player must touch the ball before the kicker.

**Defensive keeper:**

Coaches, please refrain from placing a defender in front of your goal. Your first priority is to increase each and every player's soccer skills. A player whose job is to stand in front of their goal and defend it are not gaining any fundamental soccer skills. We are not preventing you from playing attackers or defenders; but, we want those players to be involved in the play.

**Cherry picking:**

Coaches, please refrain from placing an attacker in front of your opponents goal. For the lack of repeating, the same information as above applies.

**Coaches:**

No coaches can be on the field to coach. No one may coach by or behind the goal.

**Parents:**

Spectators are permitted to be between the fields. Spectators can sit on either side of the field. No spectators can sit directly behind the goals or alongside of them. Coaches, please attempt to promote a 2 yard barrier between the spectators and the fields. This barrier prevents parents from directly yelling at the kids as they run by and provides you with more coaching (players can hear you better this way).

**The great player:**

Some teams will have that one player whose skills are further advanced than all other players and can/does score 5-10 goals a game. In most cases, a great young player turns into an average United FC, High School or adult player. The information coaches and parents need to know is as simple as this statement "Even though he/she can score numerous goals at a younger age level, he/she is not becoming a true soccer player". He/she generally lacks in passing, defending, using both feet, playing all positions, keeping his/her head up and most importantly being a team player or a future star. To increase their abilities we recommend you attempt to do the following:

- a) After scoring 2 goals make him/her get two assists to other players before scoring again.
- b) After scoring 2 goals make him/her play a more defending role where their job is to play the ball to an open teammate or space.
- c) After "A" or "B" and you want him/her to score another goal or two, make the player score with their weaker foot.

The KASL board and all the coaches who contributed to the making of these rules understand the goals KASL is striving for. Yes winning is important, but first and foremost every player should have a sense of pride when playing soccer and a feeling of enjoyment. Through you, we hope that during every practice or game, you instill the KASL goals of respect for all participants, equality for all abilities, pride in the game they play, acceptance of all outcomes, playing fair is the first priority and most importantly "the love of the game".