



Thompson Rivers Parks & Recreation District

8U Soccer Rules

Equipment

- Size 3 soccer ball.
- Shin guards are required.
- Players need to wear soccer cleats with rubber or plastic cleats, no metal spikes allowed.
- All players must have the green/white reversible jersey.

Players

- Games will be 4 v 4 no goalie.
- Each player will receive equal playing time with positions being rotated.
- Substitutions shall be made halfway through each quarter of play.

Start of Game

- Team that wins coin toss will choose side to attack. Other team takes the kickoff.
- Kickoff at start of each quarter, kickoff after each goal.
- Each team member must be on their half of the field at kickoff. Other team members must be outside of the center circle.
- The player taking the kickoff cannot touch the ball again until another team member has touched the ball.
- A goal cannot be scored directly from the kickoff.

The Game

- 15-minute quarters, three in total. Total game time: 45 minutes
- 5-minute halftime. No change in direction of play.
- All fouls result in a Throw-in.

Offenses – Fouls and Misconduct

- Kicks or attempts to kick an opponent
- Trips an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- No offsides, no slide tackling
- Opponent makes contact with the opposing player before contacting the ball
- Holds an opponent
- Spits at an opponent

- Handles the ball deliberately
- No penalty kicks
- No Corner kicks
- No Goal kicks, all replaced by throw-ins

Proper throw-in requires

- The thrower faces the field
- Throw ball with both hands
- Throws ball directly over his/her head
- Both feet on the ground
- Behind the touch line
- A second throw-in will be allowed if the player does not perform the throw-in correctly on the initial attempt. The coach shall explain the proper technique before allowing the player to re-throw.