

U8 Indoor League Rules and Regulations

The U8 Indoor program is developmental NOT a competitive program. Therefore, no game scores or standings will be maintained. The idea of the program is to afford the players the opportunity to actively participate, learn and have FUN. All coaches, managers and parents are asked to conduct themselves in a manner that supports the spirit and purpose of the game.

The game played will be micro-soccer, 4v4 (including the sweeper goalkeeper).

Team Management

- a) All players must be properly registered with the OMSA. For more information, contact our club registrar: omsaregistrar@shawbiz.ca or 403-938-6502.
- b) One coach from each team will act as the educators/officials on the field. Their purpose is to educate the players, i.e. stop the game, correct, and restart appropriately.
- c) Coaches are responsible for the conduct of their team's players and spectators.
- d) Coaches are responsible for ensuring that parent volunteers are available as school hall monitors to ensure that the "Guidelines for Use of all Schools in Okotoks" are followed.
- e) The game will be stopped approximately every 3 (Three) minutes to allow for substitutions. It is strongly recommended that complete line changes be done if there are enough players, and that players are rotated through the sweeper-goalkeeper position.
- f) Unfortunately, it is unavoidable that at times there will be a mismatch between two teams in terms of attendance at the practice/game, athleticism & skill of the players.

In such a situation, the coach of the dominant team will make changes to reduce the dominance as is reasonably possible.

Examples of such changes include:

1. Play stronger players more in the sweeper/keeper position.
2. Introduce game rules such as make three passes before scoring.
3. Request players to play with their weak foot only.

Please make these changes in the spirit of fun and good sportsmanship.

- g) U8 players may play up for U10 teams. Play ups must be recommended by the coach and approved by the OMSA Director of Programs. CMSA league rules state U8 playups must be registered on U10 club team rosters to allow U8 play ups to U10 league games.

Rules of Play

Law 1 - Field of Play

The field of play will be one of the gyms located in Okotoks. Two teams will share the gym in the same time slot for weekly practices and games.

The Goal Area:

This area will be marked by cones that are 6 (Six) yards out from the goal-line and stretch from one side of the field to the other. Only the sweeper-goalskeeper may use the hands inside this area.

Law 2 - The Ball

The ball shall be size 3. The ball must be supplied by the home team.

Law 3 - The Number of Players

The game will be played by two teams, each consisting of four players, one of whom is the designated sweeper-goalskeeper. The game shall not start if either team has less than four players.

Law 4 - The Player's Equipment

Players must wear shin guards to prevent injury. The sweeper-goalskeeper must wear a jersey or pinnie that distinguishes the player from the other players.

Law 5 - The Referee

One coach from each team will act as the officials/educators on the field. Their task is to stop the play, correct and educate the players on the infringements of the rules, and restart play appropriately.

They are responsible for the timekeeping of the game.

Law 7 - Duration of the Game

Time slots are 90 (Ninety) minutes in length. Prior to each game a 30-40 (thirty-forty) minute practice will take place. The scheduled game consists of 2 (Two) 25 (Twenty-five) minute halves. This gives the teams, 5 (five) minutes for halftime and 2 (Two) minutes to leave the field after the game.

There will be NO clock stoppage time during the game, even in the case of an injury during play.

Play shall be stopped approximately every 3 minutes to allow for substitutions. Play shall resume with a drop ball at the last point of play prior to the substitution stoppage, and at a point that does not result in a direct shot on goal.

Law 8 - The Start and Restart of Play

A kick-off will be taken from the centre of the field for

1. The start of the game.
2. After a goal has been scored.
3. The start of the second half.

Players of the opposing team must be 5 (Five) yards away. A goal may not be scored directly from the kick-off.

Law 9 - Ball Out of Play

If the ball is kicked out of play, restart is by a kick-in from a spot one-yard in from the sideline from where the ball went out.

A goal may not be scored directly from a kick-in.

Players of the opposing team must be 5 (Five) yards away.

Because of the small field size and end to end nature of the game, the ball may go out of play frequently. Coaches should ask parents to participate as ball parents to help keep the flow and enjoyment of the game.

Law 12 - Fouls and Misconduct

An indirect free kick is awarded, and the player educated as to what the transgression was. Players of the opposing team must be 5 (Five) yards away at the taking of the kick. **Law 14 - Penalty Kick**

There are no penalties; players of this age group do not deliberately commit fouls. There are **NO** penalty kicks.

Infringements such as tripping, handling the ball etc are punished by an indirect free kick (ball must be passed before a shot on goal can be taken) where the infringement took place.

Law 16 - Goal Kick

If the ball strikes the wall behind the goal (passed the goal line), after being kicked by a member of the attacking team, then a goal kick is awarded to the other team.

The goal-kick may be taken from anywhere inside the 6 (Six) yard goal-area. A goal may not be scored directly from a goal kick.

Players of the opposing team must be outside the goal-area.

Law 17 - Corner Kick

If the ball strikes the wall behind the goal (passed the goal line), after being kicked by a member of the defending team, then a corner kick is awarded to the other team.

The corner kick is taken from the corner spot.

Players of the opposing team must be 5 (Five) yards away.

Substitutions

Play must be stopped approximately every 3-4 (Three to Four) minutes to allow for substitutions. Changes on the fly are not permitted.

Sweeper-Keeper Clearances

Once the Sweeper-Keeper has the ball in the hands, then the players of the other team must drop off 5 (Five) yards. The Sweeper-Keeper is allowed to place the ball on the ground within the six-yard goal area, and either kick the ball out or dribble the ball out of the 6 (Six)-yard goal area. No opposition team player is allowed to challenge for the ball until it has left the 6 (Six)-yard goal area. The Sweeper-Keeper is not allowed to drop-kick the ball out of the goal area.

The Sweeper-Keeper must distribute the ball within 6 seconds.