

U8 Outdoor League Rules and Regulations

The U8 Outdoor program is a developmental 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 4v4 (including the sweeper-goalkeeper). **Team Management**

- a) All players must be properly registered with the OMSA. For more information, please 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) The game will be stopped approximately every 3-4 (Three to Four) minutes to allow for substitutions. It is strongly recommended that complete line changes are done if there are enough players, and that players are rotated through the sweeper-goalkeeper position.
- e) Unfortunately, it is unavoidable that at times there will be a mismatch between two teams in terms of the athleticism and skill of the players.

In such a situation, the coach of the dominant team is requested to make such changes so as to dilute this dominance as is reasonably possible.

Examples of such changes are:

- Playing the better players more in goal for that game.
- Asking the players to play only with their weak foot.
- Asking the players to make 3 or more passes before scoring.

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

e) U8 players may play up for any U10 team that is from their community or club.

f) **Rules of Play**

Law 1 - Field of Play

Dimensions

Length: 25 to 35 yards long

Width: 20 to 30 yards wide

The field shall be rectangular in shape.

Field Markings

Lines may be marked, or with markers or pylons can be used every 5 to 7 yards. Penalty Area

A penalty area will not apply and therefore should not be marked.

Goal Area

A goal area shall be 8 yards deep by 12 yards wide (6 yards each side of center of the end line). Only the sweeper-goalkeeper may use the hands inside this area.

Goals

Goals shall be 9 ft wide and between 4 ft and 5 ft high. The goal posts may be rigid or may be a pole placed in a pylon. The goal must have a crossbar.

Law 2 - The Ball

The ball shall be size 3 (Three). The game 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 sweeper-goalkeeper. The game shall not start if either team has less than four players.

Law 4 - The Player's Equipment

Players must wear shin guards so as to prevent injury.

The sweeper-goalkeeper must wear a jersey or pinnie that distinguishes the player from the other players.

Law 5 - The Referee / Official

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 time keeping of the game.

Law 7 - Duration of the Match

Time slots are 60 minutes in length. The scheduled game consists of 2 (Two) – 25 (Twenty-Five) minute halves. This gives the teams 5 (Five) minutes to warm-up, 3 (Three) minutes for half-time and 2 (Two) minutes to leave the field after the game.

There will be clock stoppage time during the game, even in the case of an injury during play.

Play shall be stopped approximately every 3-4 (Three to Four) 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

- The start of the game
- After a goal has been scored, and
- 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 11 – Offside

There is no offside.

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 13 – Free Kicks

All kicks are indirect kicks. This included kicks for penal fouls, a corner kick, or kick-off.

Law 14 - Penalty Kick

There are NO penalty kicks.

If an infringement occurs in the goal area by the defending team, then an indirect free kick is awarded to the attacking team and is placed on the 8 (Eight) yard line in line with where the infringement took place.

If the infringement is made by the attacking team inside the goal area, the defending team may place the ball anywhere within the 8 (Eight) yard goal area for the indirect free-kick.

Law 15 – The Throw-In

Since this is a developmental league, OMSA encourages coaches to teach their players to throw in the ball. As long as they use both hands and deliver the ball from behind and over their head, consider the throw legal. Coaches may opt to use a kick-in instead of a throw-in if need be.

Law 16 – The Goal Kick

Goal kicks can be taken *from anywhere inside the goal area*.

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

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

Substitutions

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

Law 17 - Corner Kick

If the ball passes 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.

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 may only distribute the ball along the ground from the goal area with either a throw from the hands or a pass with the feet. No drop-kicks are allowed.

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