



Recreational Rules (U7/U8)

Introduction

Situations not formally covered in these rules will automatically defer to the FIFA Laws of the Game.

1. Eligibility

All players must be registered with the Oak Ridges Soccer Club for the current summer season.

2. Playing Format

Teams will play 5v5 including Goalkeepers.

The minimum players required to field a team is 3.

3. The Ball

For U7 and U8 the home team is to provide a size 4 game ball.

4. Game Duration

2x20 minute halves.

In all games, each team shall be entitled to a five (5) minute rest at half time.

5. Fair Play Rule

If one team meets the minimum players required to field a team but is unable to field a full complement and the opponent is able to field a full complement, then it is allowed that the opposing team can field a full complement or field a maximum of one more player than their opponent at all times (ie 3v4).

6. Offside

The offside rule is not in effect for the U7 or U8 age groups.

7. Retreat Line

When the ball crosses the goal line after touching the attacking team last, play will resume with a goal kick from anywhere within the penalty area. Opponents must retreat behind the halfway line, until the ball is in play.

The ball is in play once it is touched by a teammate of the goalkeeper or once it crosses the retreat line, whichever occurs first.

The goalkeeper in possession does not have to wait for the opposition to retreat and has the option to restart the game anytime.

8. Free Kicks

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 yards away from the ball when the indirect free kick is taken. A goal can only be scored on an indirect free kick if it subsequently touches another player before it enters the goal.

9. Kick in/Dribble in

A player from the opposing team to the player that touched the ball last before crossing the touchline will place the ball on the touchline and pass or dribble the ball into play.

Opponents must be at least 2 yards away from the ball until it is in play.

Another teammate must touch the ball before a goal can be scored.

10. Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a teammate.

11. Substitutions

Substitutions may rotate during the entire game. The coach is allowed to make the substitutions while the ball is in play but must wait until the substituted player has left the field. The player being substituted on must be within 2 yards of the technical area.

Any number of substitutes may be used at any time. A player who has been replaced may return to the playing field as a substitute for another player.

12. Team Benches and Technical Area

Both team benches must be on the same side of the field and on either side of the center line. Coaches and players must remain in their technical area of the field. The technical area is approximately 15 feet wide, at least 1 metre from the sideline. Coaches may only leave the area with permission from the referee. Only personnel included on the game sheet may be in the technical area.

13. Spectator Location

All spectators are to observe the match from the opposite side of the field from the team benches. Additionally, spectators are not permitted anywhere along the goal line.

14. Failure to Show

A team shall be allowed a 15-minute grace period from the scheduled kick-off time. As soon as 3 players are available, the game shall commence. If there are less than 3 players, the game shall be played as an inter-squad game.

Only the referee can abandon a game due to severe weather or other unusual conditions. Always go to the field for your game.

15. Final Decisions

All referee decisions are final. Coaches, managers, and other team officials shall not approach the referee in order to voice their opinions.