

## UNDER 8 4V4 GUIDELINES

(4) 10 minute quarters with a 5-minute break for half time.

Substitutes can be made at the quarters or at any stoppage of play; throw-in(your possession); goal kick; goal scored etc.

Referee will keep time and score.

Home team is listed first on the schedule (home team changes jersey color if other team has same color) and kicks off first with teams alternating the kick off at half time.

Throw-ins are done from the sidelines when ball goes out. Player throwing in ball may take two tries to do correctly (both hands over head and both feet on the ground).

Goal kicks (when ball goes out of bounds at the goal end by the attacking team) must be taken at the goal box and the ball must travel outside small goal –box. The player taking kick can only strike the ball once and can't touch the ball again until someone else touches the ball.

Balls out of bounds at goal end by defending team are put into play by the attacking team at the corner (corner-kick). Same as above for player taking corner kick.

Hand balls; if ball accidentally strikes a player's hand, no call is made. If player catches or purposely handles the ball then the other team gets a free kick. Players must move away from the player taking the free kick to give him room. The ball must touch a player before scoring. All free kicks are indirect.

There is no goalie at this age. You can have a defender but he cannot use his hands. The idea is to get the team to play together; pass; defend as a team etc.

**The referee has the final word on calls in the game. Coaches are not to dispute or verbally harass the ref. A coach, player or parent can be ejected from the game.**

Awards placing (1<sup>st</sup>; 2<sup>nd</sup>; etc) U-8 Division will be determined at the end of the season.

Finally, Northwest Optimist wants this to be an enjoyable experience for all involved.

THANK YOU

Northwest Optimist Soccer