

# ALAMOSA PARKS & RECREATION

## 2026 YOUTH COED SOCCER GUIDELINES for U8 (AGES 7-8)

### **FIELD OF PLAY**

**Dimensions:** Length = 140 feet x Width = 90 feet

**Goals:** 6 x 12 feet

#### **Markings:**

- Distinctive lines not more than 5 inches wide
- Field of play divided into two halves by a halfway line
- The center mark is indicated at the midpoint of the halfway line
- A circle with a radius of 15 feet is marked around the center mark
- 4 corner arcs with a 2 foot radius
- Goal area: 15 x 30 feet, centered in front of goal
- Penalty area: none

### **THE BALL** Size 3

### **NUMBER OF PLAYERS**

- A match is played by 2 teams and consists of 5 or 6 players. Coaches must agree before the game starts.
- Game is played without a goalkeeper
- Substitutions are allowed at any stoppage and are unlimited
- Playing Time: each player should play a minimum of 50% of the total game time.

### **PLAYERS EQUIPMENT** The basic equipment of a player consists of the following:

- Reversible jersey is available to purchase from the Rec Center
- Shorts or pants are player provided
- Shin guards are mandatory and are player provided
- Socks should cover the shin guards and are player provided
- Footwear: tennis shoes or soft-cleated soccer shoes (player provided). NOTE: For safety reasons, players wearing either baseball or football shoes will need to remove (cut off) the toe cleat prior to participating.

### **REFEREES**

- One, Provided by Parks & Rec
- Parents or coaches should not referee and are expected to respect the referee's decisions
- Rule infractions will be explained to the offending player in a helpful, friendly, and instructive manner

### **DURATION OF THE GAME**

- The game is divided into 4 quarters, each 10 minutes long.
- Two 1-minute breaks: between quarters 1 and 2 and between quarters 3 and 4
- Half-time break of 5 minutes between quarters 2 and 3

### **START/RESTART OF PLAY**

- The home team will kick-off to start the game and then alternate each quarter. (Home team 1<sup>st</sup> & 3<sup>rd</sup> quarter; visitors 2<sup>nd</sup> & 4<sup>th</sup> quarter)
- Change directions for the second half of play.
- Opponent must be 12 feet from the center mark while the kick-off is in progress
- Ball must be passed to another player; no dribbling on kick-off
- Ball MAY travel backward on the first touch

### **BALL IN AND OUT OF PLAY** The ball is out of play during the following circumstances:

- When it has gone completely over the boundary line on the ground or in the air
- When the game has been halted by an official

The ball is in play at all other times, including:

- When it rebounds off a goalpost, crossbar or corner flag post and remains in the field of play

- When it rebounds off the referee when they are on the field of play

**METHOD OF SCORING** A goal is scored when the entire ball passes over the goal line between the goal posts and under the crossbar

**FOULS AND MISCONDUCT** All fouls shall result in a DIRECT free kick.

- The referee will explain **ALL** infractions to the offending player before restarting play. No cards are shown for misconduct; however, the referee may send players off the field.
- If a player gets hit in the head by the ball during play, the referee shall stop play and check on the player for safety procedures. The ball will then go back to the offensive team who kicked the ball.
- The direct free kick is taken from the place where the offense occurred
- Opponents must be 15 feet away before kick is allowed
- The opposing team will be awarded a direct free kick if any player commits any of the following:
 

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| <ul style="list-style-type: none"> <li>o Kicks or attempts to kick an opponent</li> <li>o Jumps at an opponent</li> <li>o Strikes or attempts to strike an opponent</li> <li>o Tackles an opponent</li> <li>o Spits at an opponent</li> </ul> | <ul style="list-style-type: none"> <li>o Trips or tries to trip an opponent</li> <li>o Charges an opponent</li> <li>o Pushes an opponent</li> <li>o Holds an opponent</li> <li>o Handles the ball deliberately or if ball strikes hand in advantageous way</li> </ul> |
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**FREE KICKS** All free kicks are DIRECT. Opponents must be 15 feet away from kick

**PENALTY KICKS** None      **OFF-SIDES** None

### **THROW-INS**

- A throw-in is awarded to the opponent of the player who last touched the ball across the touch line.
- A goal cannot be scored directly from a throw-in.
- Procedure: at the moment of delivering the ball, the thrower:
  - o faces the field of play and holds the ball with both hands
  - o has part of each foot either on the touch line or on the ground outside the touch line
  - o delivers the ball from behind and over the head
  - o delivers the ball from the point where it left the field of play
  - o both feet must remain on the ground
- All opponents must stand at least 6 feet away from the point at which the throw-in is taken
- The ball is in play when it enters the field of play
- After delivering the ball, the thrower must not touch the ball again until it has touched another player
- An improper throw-in can be retaken once; if thrown improperly again, possession of the ball changes.

### **GOAL KICKS**

- A goal kick is taken by a defending team player when the ball crosses the goal line/end line outside of the goal and when last touched by an attacking team player.
- The ball is kicked from any point within the goal area by a player of the defending team
- The ball may not be touched by an offensive player until it has been played out of the goal area
- The ball is in play when it is kicked

### **CORNER KICKS**

- The attacking team is awarded a kick-in when the ball passes across the goal line, last touched by a defending team player
- Opponents must be 15 feet away from the ball

### **ADDITIONAL YOUTH SOCCER RECOMMENDATIONS**

- Parents, coaches, players, and spectators should be there to enjoy and encourage the activity of all
- After each game, each team shall line up and shake hands for good sportsmanship.
- Slide tackling is not allowed in this age group