



## BISA U5 – U8 Modified Rules and Laws of the Game

Revised January 2020

### **Standings/Trophies**

The U5 – U8 age group will not play for standings or trophies. The U5 – U8 soccer player is learning how to touch the ball with all areas of the foot, dynamics of team play, and spatial perception. Teaching individual growth of the player and how the player interacts with their team is the top priority at this age. BISA discourages coaching in an attempt to win games at the U5 – U8 level, as this hinders the learning environment at this age.

### **Coaching During Play**

- U5 – U6 coaches are permitted on the field during the game for the first 3 playing weeks of the season. No coaches are permitted on the field after the 3<sup>rd</sup> playing week of the season.
- U7 – U8 coaches are not permitted on the field during the game.

### **Addressing the Referee**

The development of our youth relies heavily on the partnership between coaches and referees. You may kindly ask a referee to explain a call but please keep in mind they do not owe you this explanation. The referee is perfectly in their right to remain silent and continue the play of the game. Under no circumstance will verbal abuse of a referee be tolerated and offending coaches or parents will be asked to leave the field.

### **Game Substitutions**

- U5/U6: Substitutions are to be conducted between quarters unless the substitution is player initiated or there is an injury.
- U7/U8: Players may be substituted with referee permission during your team's throw in, after a goal is scored, or during either team's goal kick.

**Law I Field of Play:** 20 x 30 yards for U5/U6 and 25 x 35 yards for U7/U8

**Law II Ball Size: 3**

**Law III Number of Players:** 4 (minimum of 3). There are NO goalkeepers. The use of “defenders” is discouraged at this age group. All players must be out of their penalty area until the ball is on their half of the field. ALL players must play 50% of the game. Maximum roster size is eight (8) players.

**Law IV Player’s Equipment:** Kit must include uniform (see BISA uniform policy), shin guards, and soccer cleats. No football/baseball cleats permitted. Shin guards must be covered by socks. No jewelry permitted (including stud earrings).

**Laws V/VI The Referee & Assistant Referee:** This age group only has one referee who covers the entire field.

**Law VII Duration of the match:** U5/U6 – 8 minute quarters with 1 minute break between quarters and a 5 minute halftime. U7/U8 – 22 minute halves with 5 minute halftime.

**Law VIII Start and Restart of Play:** Each half started with kick offs. U5/U6 – 2nd & 4th quarter will restart where play stopped at the end of the 1st & 3rd quarter. Indirect free kicks are used to restart play after a foul has been called or play is stopped by the referee. If a foul is called the opposing team takes the free kick. If play is stopped by the referee, a drop ball is given to the team who last touched the ball at the spot they last touched it. Defensive players must be 4.5 yards from the ball until it is in play. The ball is in play when it touches the ground.

**Law IX Ball In and Out of Play:** The ball must be wholly over the touchline to be considered out.

**Law X Determining the Outcome of a Match:** The ball must completely cross the goal line to be counted as a goal. Total goals are not tracked at this age group.

**Law XI Offside:** Does not apply to this age group.

**Law XII Fouls and Misconduct:**

Examples of fouls include:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at or into an opponent and is not playing the ball
- Charges or runs into an opponent with excessive force
- Strikes or attempts to strike an opponent
- Pushes an opponent – pushing is extending the arm with force into another player. Touching an opponent is not pushing with force.
- Tackles are not permitted at this age.
- Spitting
- Holding an opponent’s jersey, shorts, body part, etc.
- Handles the ball deliberately – defined as the arm from the shoulder down to the hand. If the ball is kicked into the player’s arm there is no foul. If the arm is used to propel the ball in a deliberate manner or makes the body unnaturally bigger, a foul will be called. This call is at the discretion of the referee and is not a black and white call to make. See IFAB Laws of the game for full explanation of the law.

- Playing in a dangerous manner – such as “high-kicks” and playing the ball while on the ground. This call is at the discretion of the referee and is not a black and white call to make.
- Impedes progress of opponent – gets in front of a player to stop them from getting to a ball and the ball is not within playing distance.

**Law XIII Free Kick:** All players must line up at least 3 yards from the ball. All kicks are indirect. No kick shall be taken by the attacking team within the defending team’s goal box.

**Law XIV Penalty Kick:** Not used at this age.

**Law XV Throw-in:** All players must be 3 yards from the ball. Player must be behind the touch line and must keep both feet down while throwing the ball from behind their head with both hands. A bad throw-in will result in 1 additional throw-in attempt. If the additional attempt is bad, play will continue without stoppage.

**Law XVI Goal Kick:** Ball is placed on corner of goal box. Defensive players must be outside the penalty area.

**Law XVII Corner Kick:** Ball is placed in the arc near the flag. Defensive players must be 3 yards from the ball.