



VAIL RECREATION DISTRICT
U8 Soccer Rules

Number of Players: 4 Players on the field per team

Ball: A Size 3 Ball will be used for U8

Equipment: All players are required to wear shinguards

Field Dimensions: The playing field is 40 yards long by 30 yards wide. The goals are 4 feet high by 8 feet wide.

The Goal Box: The goal box is 10 feet wide by 6 feet long located directly in front of the goal. There is no ball contact allowed in the goal box, however all players may pass through the box. If the ball comes to rest in the goal box a goal kick is rewarded regardless of who touched the ball last. If the defensive team touches the ball after it enters the goal box a goal is awarded. If the offensive team touches the ball in the goal box a goal kick is awarded.

Goal Scoring: A goal may only be scored from a touch (offensive or defensive) within the teams offensive half of the field.

Game Duration: 4-12 Minute Quarters (2 minutes break in between 1st and 2nd Quarter & 3rd and 4th Quarter and 5 minute break at halftime) Please start your games at the scheduled time. The clock does not stop during the game it is a running clock.

Substitutions: Substitutions may be made during any dead-ball situation, regardless of possession.

Kick Off: Kick off may be taken in any direction. You may not score directly off a kick off. Used to start the game and any quarter, and after any goal.

Kick-Ins: The ball should be kicked into play from the sideline instead of throw-ins. The ball is considered in play when it moves. A goal may not be scored directly from a kick-in as it is an indirect kick.

Goal Kicks: When the offensive team kicks the ball out over the end line a goal kick is awarded to the defensive team. Goal kicks can be taken from anywhere on the goal line.

Corner kicks: When the defensive team kicks the ball out over the end line a corner kick is awarded to the offensive team. The ball is placed on the corner of the end line and side line and kicked into play.

Off-sides: There is no off-sides in U8 Soccer

Direct & Indirect Kicks: All deadball kicks are considered indirect kicks they must be touched by another player before a goal is scored. Defensive players should be 5 yards back on any deadball restart

