U8 Quick Guide

Equipment	Game Length	Players
Size 3 soccer ball Pugg goals	40 minutes Four (4) 10 minute quarters Two(2) 2-minute quarter breaks One(1) 5-minute halftime. (Teams switch sides at beginning of 3rd quarter)	6-7 Players per team 4 maximum on the field 3 minimum on the field

- LYS has a 50% playtime rule: all players should be playing a minimum of 50% of the game.

- In order to have an official game:
    - A four (4) player team must have a minimum of (3) players on the field.
    - Teams will “play down” to an opponent’s team size but not below the minimum number of players required (3).

- There is not a goalie at this level.
    - No hands.
    - The arc can only be occupied by players during active play while the ball is inside the arc.
    - Goal kicks should be placed on the goal arc and stationary before being kicked.

- Throw-Ins:
    - Players begin learning proper throw-ins at this level. Please refer to the “Kicks and Throw-ins Guide” or the skills and drills tab for more information on throw-ins.

- Build-Out-Line (orange line):
    - To restart play for a goal kick the defenders must stay behind the nearest build out line to the ball to allow and encourage offensive passing. Once the ball is put into play from the goal kick, defenders can then cross the line and enter the play. Offensive players can be anywhere on the field on the goal kick.

- No Jewelry:
    - Jewelry and hard hair accessories may not be worn.
    - All earrings must be completely removed. (They cannot be left in and covered.)

- Shin guards are required and soccer cleats are recommended.
    - Shin guards are mandatory at all practices and games.
    - Shin guards need to be worn underneath the sock.
    - Soccer cleats do not have a toe cleat. Cleats with a toe cleat are not permitted.

- Ensure all spectators are respectful to coaches, players, referees and board members.
- Spectators should be 2-3 from the touchline to allow space for kick ins and throw ins.

View the Rules and Regulations document for more information:
Lassen Youth Soccer Rules & Regulations

Visit the Skills and Drills tab on our website lassensoccer.org for practice ideas organized by division.