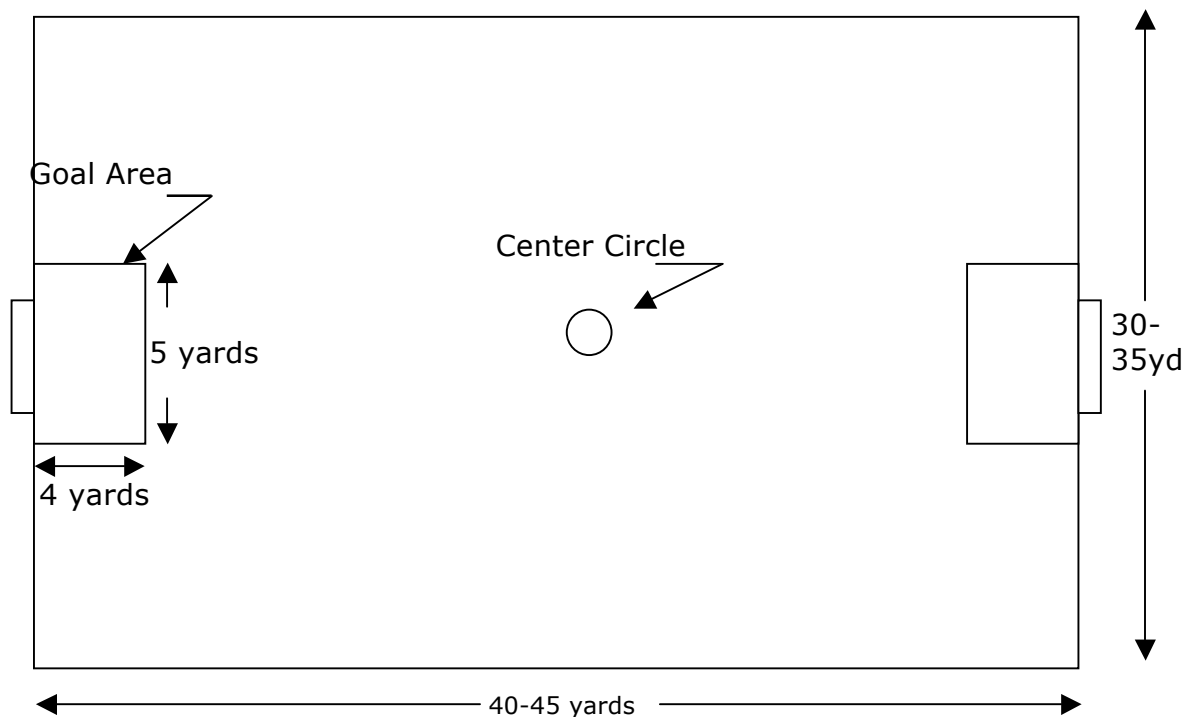

MICRO PLAYING RULES U7 & U8

4v4 Playing Rules

**A. Field**

1. Each field will be marked with white lines.
 - 1.1 Boundary Lines: U7 35 X 45 yards
U8 35 X 45 yards
 - 1.2 Goal Area: 4 X 5 yards in front of each goal
 - 1.3 Center Circle Mark located at the center of the field

B. The Ball

1. The ball is a size 3.

C. Length of Games

1. The game will be played with two 25 minute halves.
2. There will be a 5 minute half-time period. Teams will change sides after half-time. **The games shall be terminated regardless of the time remaining to accommodate the next game time.**

D. Players

1. Each team will play with four (4) players on the field.



DEVELOPMENTAL

2. Player equipment:
 - 2.1 Jersey, shorts, Shin-guards are mandatory and are worn inside the socks.
 - 2.2 Footwear can be athletic shoes or soft cleated shoes.
 - 2.3 No equipment that is dangerous to themselves or another player
 - 2.4 No jewelry, only exception – medical ID or religious
3. Substitution is unlimited and accomplished on the fly as well as on set-plays. The player must come off the field before the substitute may enter the field. Permission from the parent monitor is not required.

E. The Rules of Micro Soccer

1. The game is started with the ball placed within the center circle. Players of the opposing team must be three (3) yards away when the kick is taken.
2. A goal can be scored directly from the kickoff.
3. Goals can be scored from anywhere, but the ball must pass below the cross-bar, between the goal posts, and wholly cross the goal line for a goal to be scored.
4. Restarts:
 - 4.1 Over the touchline: Throw in for the team that did not touch the ball last.
 - 4.2 Over the GOAL LINE by the ATTACKING team: The ball is placed anywhere in the goal area.
 - 4.3 Over the GOAL LINE by the DEFENDING team: The ball is placed in the corner where the GOAL LINE meets the touchline.
5. There is no tripping, pushing, striking, holding or kicking an opponent. A player cannot pick-up, hold, stop or propel the ball with his/her hands.
 - 5.1 All infringements are punished by the awarding of an INDIRECT FREE KICK (i.e. the ball must touch another player on the field before a goal can be scored)
 - 5.2 The kick is awarded to the opposite team and is taken from the spot where the foul occurred. If the foul occurred INSIDE the goal area, the ball is placed on the goal area line nearest to the spot of the foul.
 - 5.3 Players of the opposing team must be a minimum of three (3) yards away from the ball when a free kick is taken.
 - 5.4 In any case, A GOAL CANNOT BE SCORED DIRECTLY FROM AN INDIRECT FREE KICK, including out-of-bound free kicks.
6. OFFSIDE rule is not used in micro-soccer.
7. There is no rule on GOAL TENDING in 4 v 4 micro-soccer. However, "GOALTENDING" is highly discouraged when your team has possession of the ball and is going forward on the attack. Rush strongly recommends the coaches get the goal tenders to come out and support the play.