

2026 U8 SOCCER RULES

The goal of the Dixon Soccer Club U8 league is to build from the U8 program for children between the 8/1/2018 and 7/31/2020 birth years. For some of these players, this may not only be their first-time playing soccer but playing sports in general. It may also be their parent's first involvement with soccer. We want to promote the Recreational aspect of the sport and make sure, all the people involved with the U8 program (parents, players, coaches, family, and friends) understand the goals.

The following is a list of rules that will be used in order facilitate the function of the U8 league;

- 1) The games will be played at Northwest Park. Refer to Park Field Map located on the club website for field locations
- 2) The games will take place every Tuesday and Thursday, beginning August 25 at 6pm
- 3) Any Saturday games will begin at 9am
- 4) All the players will be required to wear the appropriate league uniform for each game (shin guards and any soccer style footwear)
- 5) The players will not be allowed to play unless all the proper equipment is worn
- 6) Each team is responsible for setting up and taking down a goal and 2 corner flags
- 7) The coaches are responsible for maintaining control of their sidelines (please try to limit excessive noise or celebration)
- 8) The coaches are responsible for controlling the level of aggressiveness. Do not allow the kids to pull, push, kick or shove other players
- 9) If one team is dominating the other team (4-0, 5-0, etc.,) the coaches shall take the appropriate measures to prevent the situation from getting out of control (i.e., require more passes prior to taking a shot on goal, substitute out players)
- 10) The games will be played in (4) 10-minute quarters with a 5-minute break at the halfway point of the game
- 11) All of the players are required to play at least half of the game
- 12) There will be a total of 7 players on the field, including the goalie
- 12) No substitutions are allowed during the quarters unless it is to replace an injured player or to change players to help prevent the score from being run up. If a player stands in the field and does not want to play, they can be replaced during the quarter

- 13) All restarts of the game, after a goal or a new quarter, will be done with a kick off from midfield
- 14) The coaches will be responsible for officiating their own games
- 15) On a goal kick, the opposing team will need to move to midfield prior to the ball being put in play. The goalie will have the option to roll the ball out, throw the ball out, or place the ball on the ground and kick it. (No punting is allowed) Once the ball is put in play, the opposing team may cross the mid field line.
- 16) If the ball crosses the goal line and goes out of play, the game will be restarted with a goal kick for the defensive team
- 17) If the ball crosses the touch line and goes out of play, the ball will be put in play with a throw-in. The opposing player shall stand 3' away from the player throwing in the ball
- 18) There is no off-sides rule, but do not allow your players to stand in front of the opposing goal waiting for the ball
- 19) On throw-ins, when a bad throw-in is made, the player will be given another opportunity to throw in the ball by teaching them the proper technique.
- 20) **NOT ALLOWED:** Slide Tackling, Heading the Ball, Penalty Kicks, Corner Kicks, Drop Balls, Jewelry, Watches, Hair Pins or Clips, and Casts
- 21) No dogs are allowed at soccer practice or games, except for service dogs
- 22) Each team is responsible for making sure their sideline is clean after the game