

## 3v3 (Micros) and 4v4 (U8) Standards of Play Games

**U8** - Home team wears white jersey and away team wears red jersey

**U6** Micros home team wears red t-shirt and away team wears blue

- Size 3 ball
- Shin guards are required for all games and practices

### ABSOLUTELY NO INTENTIONAL HEADING OF THE BALL OR SLIDE TACKLES

- Substitutions shall occur at the quarters unless in case of injury or illness, or extreme fatigue
- Game length is 4 quarters : Micro 3v3 = 8 minute quarters : U8 4v4 = 10 minute quarters
- 2 minute breaks between quarters , 5 minute half time

### •Each player shall play at least 50% of game time

- Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner
- If used, all free kicks awarded including kickoff are indirect
  - For all free kicks except goal kicks, Opponents should be 10 yards away from the ball on all restarts For goal kick, Opponents shall start behind center line and cannot enter that end of field until ball is put in play.
- In case of handball by the defending team directly in front of their goal the opponent shall get a penalty kick from the kickoff spot with no defending players in front of that goal. If the initial first kick misses it is a goal kick for the defending team.
- No offside Registered and certified referees are not needed at this level
  - There will not be a referee for Micro games coaches are allowed to be on the field to coach the players. For U8, we do our best to provide a referee even though it is not required at this age. The state is in an extreme referee shortage so if there is not a referee available, coaches are expected to manage the game environment from the touchline and not on the field of play using these standards of play and their best judgement.
  - Together, coaches and parents are expected to create and promote a fun and safe environment for the players. In case of a team falling behind by more than 5 goals an additional player can be put on the field of play. If the score gets back to less than 5 goal differential then the additional player shall be taken back off of the field.

### NO REFEREE ABUSE FROM COACHES OR PARENTS WILL BE TOLERATED.

