



FLSL Official U5-U8 Playing Rules and Regulations

FLSL Modifications to the FIFA Laws of the Game for U5-U8

Law 1 – The Field of Play:

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

- Length: minimum 20 yards maximum 30 yards
- Width: minimum 15 yards maximum 25 yards

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line.

- The Goal Area: A 2yd x 3yd grid.
(This is an indicator for players not to stand in front of goal and wait for a play to happen)
- The Penalty Area: None.
- Flag posts: Standard flag posts will be used

Goals: Goals must be placed on the center of each goal line. They consist of goals determined by the Folsom Lake Soccer League's Board of Directors and the size of the goals may be changed to accommodate the needs of the players and club.

Safety: Goals must be anchored securely to the ground.

Law 2 – The Ball: Size three (3).

Law 3 – The Number of Players: A match is played by two teams, each consisting of not more than four players. There are NO goalkeepers.

Substitutions: At any stoppage and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and games may be coed.

Law 4 – The Players Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5 – The Referee: An OFFICIAL (Game Manager or Coordinator or Parent or Coach or Grade 9 referee) may be used. All infringements shall be briefly explained to the offending player.

Law 6 – The Assistant Referees: None.

Law 7 – The Duration of the Match: The match shall be divided into four (4) equal, ten (10) minute quarters. There shall be a two (2) minute break between quarters one and two and another two (2) minute break between quarters three and four. There shall be a half-time interval of five (5) minutes.



FLSL Official U5-U8 Playing Rules and Regulations

FLSL Modifications to the FIFA Laws of the Game for U5-U8

Law 8 – The Start and Restart of Play: Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least six (6) yards from the ball until it is in play.

Law 9 – The Ball In and Out of Play: Conform to FIFA.

Law 10 – The Method of Scoring: No score is to be kept.

Law 11 – Offside: None.

Law 12 – Fouls and Misconduct: Conform to FIFA with the exception that all fouls shall result in an indirect free kick. The referee/coach/parent must explain ALL infringements to the offending player. No cards shown for misconduct.

Law 13 – Free Kicks: Conform to FIFA with the exceptions that all free kicks are indirect and opponents are at least six (6) yards from the ball until it is in play.

Law 14 – The Penalty Kick: None.

Law 15 – Throw-In: Players shall throw the ball in to restart play. They are allowed one (1) rethrow. The opponents shall be four (4) yards from the ball until it is in play.

Law 16 – The Goal Kick: The goal kick should be taken within 2-3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be behind the halfway line (Build Out Line) - in their own half, until the ball has been kicked.

*Build Out Line - promotes playing the ball out of the back in a less pressured setting.

Law 17 – The Corner Kick: Conform to FIFA with the exception that opponents remain at least six (6) yards from the ball until it is in play.



FLSL Official U5-U8 Playing Rules and Regulations

FLSL Modifications to the FIFA Laws of the Game for U5-U8

FIELD LAYOUT FOR U5-U8 GAME FORMAT

