



LSA Rec U8 Rules Addendum

Revised: 08/04/2025

Basis: Georgia Soccer Youth Rules & Regulations (amended 2/20/18 and 1/21/17) & FIFA

LSA Mission Statement:

Lanier Soccer Academy (LSA) is committed to providing every player with the opportunity to play soccer at a level that matches their interest and ability. We foster a supportive, rewarding, and fun environment that promotes good sportsmanship, integrity, courage, teamwork, skill development, and hard work. Our goal is to help each player grow into a responsible, healthier adult while reaching their full potential as a soccer player.

LSA Recreational Blueprint:

Fun, Discipline, and Safety

Law 1 - Field of Play

The field dimensions match those of U10 to accommodate U8 players, ensuring an appropriate playing area that suits their movement capabilities. These adjusted dimensions provide a practical space that enhances player success.

Law 2 - Soccer Ball

A size 4 ball is required for U8. The smaller, lighter ball makes it easier for players to kick, receive, dribble, and pass.

Law 3 - Number of Players & Substitutions

U8 games will be played with 6 field players and 1 goalkeeper (7 vs. 7). At this age, players gravitate toward the ball, and this format encourages the development of running, jumping, and kicking coordination—fundamental traits for soccer. The smaller number of players ensures more touches on the ball, helping children practice passing, dribbling, and shooting while

making quick decisions in game situations. Players will gain a well-rounded understanding of both offensive and defensive roles.

Substitutions are allowed at any stoppage, ensuring maximum playing time for all participants. This aligns with FIFA regulations. On-the-fly substitutions are not permitted; play must be stopped for all changes.

Max roster of 12 players

Minimum roster of 10 players

Law 4 - Player Equipment

- Players must wear shin guards and soccer cleats.
- LSA Rec uniforms are required by the third game weekend.
- Players are not allowed to play without the official uniform and designated colors.
- Duplicate jersey numbers are permitted.
- No casts are allowed.

Law 5 - Referee

A center referee will officiate all games. Any rule infringements will be briefly explained to the offending player. Coaches must remain off the field on the designated team bench sidelines.

Law 6 - Assistant Referee

Not applicable (N/A).

Law 7 - Match Duration

U8 games consist of two 25-minute halves with unlimited substitutions and a 5-minute halftime.

Law 8 - Start of Play

No modifications.

Law 9 - Ball In and Out of Play

No modifications.

Law 10 - Goals

Shall conform to FIFA regulations.

Law 11 - Offside Rule

No offside calls will be made in U8 games.

Law 12 - Fouls and Misconduct

- No yellow or red cards will be issued.
- If a player becomes too rambunctious, the coach must substitute them to allow time to calm down before returning to play.
- Slide tackles (from the front or rear) are prohibited for safety reasons. A warning will be given first, followed by mandatory substitution for repeat offenses.

Law 13 - Free Kicks

All free kicks are direct to maintain game flow.

Law 14 - Penalty Kicks

Penalty kicks are enforced in U8.

Law 15 - Throw-Ins

Follow FIFA guidelines. Focus will be on proper technique while maintaining game pace.

Law 16 - Goal Kicks

- Goal kicks may be taken from anywhere on the goal box line.
- Goal kicks may be taken from **anywhere within or on the goal box line.**
- **No punts allowed by the goalkeeper.**
- **Opposing players must stay outside the "build-up line" until the team in possession makes the first touch.**
- **The goalkeeper may drop the ball and kick it to the other side, but only by dropping it off.**

Law 17 - Corner Kicks

Follow FIFA regulations. Defenders must stand at least six yards away until the ball is in play.

LSA Additional Notes

Heading the Ball:

- No intentional heading allowed.
- If a player commits two offenses, they must be substituted.

Playing Time:

- Each player must receive at least 50%+ of total game time.

Advantages of Small-Sided Games:

- Encourages high-energy gameplay by involving players in both offense and defense.
- More efficient use of field space.
- Multiple games can be played simultaneously on a full-size field.
- Smaller fields help children remain physically engaged.
- Shorter distances to the goal increase scoring opportunities and player success.

US Youth Soccer Recommendations:

- No heading is allowed until U12.
- Parents, coaches, and spectators should encourage and enjoy the game while respecting the players' development.

Spectator Guidelines:

- Spectators and team benches must be on opposite sides of the field.
- Spectators must remain 3-5 yards from the sideline and are not allowed behind the goals.
- Click [here](#) for Sideline Behavior Regulations
- No parents are allowed on the bench side or behind the goals.
- No alcoholic beverages or tobacco products are allowed near the playing area.
- The following sideline behavior guidelines must be followed:
 - Cheer positively and encourage all players.
 - Do not shout instructions; let the coaches coach.
 - Respect the referees and their decisions.
 - Set a good example for sportsmanship and fair play.

This document serves as the foundational guide for U8 recreational soccer within LSA, ensuring a safe, fun, and developmental experience for all players.