



CHERRY HILL FC U7/U8 Boys & Girls Division Rules

In the U7/U8 division, teams play weekly 7 v 7 games. Games are played on half-sized fields complete with referees officiating and goalies. Although we still encourage informality at this level and discourage coaches, parents and players from “keeping score”, these games start having a very “real” look and feel.

1) Weekly Games and Practices

- Each team plays one game per week. All participants should arrive minimally 15 minutes before game time. For coaches, this is absolutely necessary, as you might need to help move goals so that the games can begin on time.
- Coaches in the U7/U8 division will schedule at least one practice session each week. Teams will also receive separate training sessions from CHFC trainers. The weeks when teams have trainer-led trainings, they will not have a coach-led session.
- Snacks should be provided at the conclusion of each game. Coaches will establish a rotating snack schedule.
- Every child should bring his/her own drink to every practice and game. This is critical.
- Equipment - All players are required to wear shin guards covered by socks at all practices and games. Cleats are recommended, but not required. Jewelry is not permitted. Team jersey is required to be worn at all games and club trainer-led training sessions.

2) Game Rules and Behavior

- Games are played 7 v 7. This includes a goalkeeper. Goalkeepers should wear pinnys or a keeper jersey so that they stand out. Games will consist of ten-minute quarters. Coaches and the referee may mutually agree to shorten the

quarters if necessary due to harsh weather conditions, low player turnout or the like. **Lengthening of quarters is not permitted due to schedule constraints.**

- A size 4 soccer ball should be used in this division.
- No Player may play with a hard cast on any part of the body, unless the cast is properly padded or is legal sports cast, and is not dangerous in the opinion of the referee.
- Coaches must remain on the sidelines. They are allowed to instruct the players verbally from the sideline, but they **cannot** be on the field during the game.
- Coaches and parents are not allowed to stand or be positioned anywhere on or behind either goal line. Many parents and coaches want to stand next to their goalie and instruct them during the game. Coaches are allowed to provide instruction, but they must do so from the sideline. Parents are not to coach and are to remain on the sideline.
- Although substitutions can be made on the fly, meaning at any time and without requiring stoppage of play, substitutions should not hinder the flow of the game. It is best to sub at a stoppage – throw-in by either team, goal kick, kick-off, or injury (either team). A bleeding player must come out of the match until the bleeding stops. Any blood on the uniform must be changed before the player may re-enter the match.

The game clock cannot be stopped to accommodate substitutions. **Notify the ref that you will be performing a substitution.**

- Substitutions must be made fairly to ensure that each player is on the field roughly an equal amount of time. It is understandable that it is nearly impossible to ensure truly equal playing time, but coaches should make every effort possible toward this end.
- Use the proper language of soccer as you explain the game to the players.
- Heading of the ball is prohibited in this age group.
- Offside is not called in the U7/U8 division. Players are encouraged to move forward to participate more fully in the play.
- No punting.
- Proper throw-ins are required. Referees will allow 1 re-throw when the ball is thrown improperly. The ball will be turned over to the other team for a throw-in

on the 2nd foul throw. Ball must be thrown from behind the head with both hands, and both feet must be on the ground and on/behind the sideline/touchline.

- Goal kicks are enforced in this division. This is a direct kick taken from the goal area when the whole ball passes over the goal line when touched last by the attacking team. Players must retreat from the goal area and wait for the ball to be kicked prior to re-entering.

- Corner kicks are enforced in this division. This is a direct kick taken from the corner closest to where the whole ball passes over the goal line when touched last by the defending team.

- There are no direct kicks or penalty kicks in this division. An indirect kick (once kicked, ball must be touched by another player prior to scoring) will be awarded at the referee's discretion for, but not limited to the following: slide tackling, blocking goal keeper from making a kick, tripping an opponent, heading, handling (hand ball), shoving, goalkeeper touching ball after it has been released prior to it touching another player, goalkeeper picking up ball that is played back by a teammate, etc.

- Dangerous play will not be tolerated. This includes slide tackles, charging violently or from behind, high kicks, tripping, pushing, hitting and kicking of players. Coaches are responsible for making sure that the players understand and abide by this rule (and all others).

- If there is an injury on the field and play is stopped, all players should kneel or sit until the injured player leaves the field of play. The injured player should be replaced with another player before play resumes with a drop ball.

- The opposing team and their coaches must shake hands/give high-fives after the game is concluded.

- The Mercy/Fairness rule will be enforced. Coaches are expected to keep the games close. Games must be adjusted in order to keep the game from getting out of control. There should be **no greater** than a **5 goal differential** at any point during the game. Rule of thumb, if leading by 3, the leading coach needs to make a tactical adjustment. When leading by 4, the leading coach must make an additional tactical adjustment as well as a lineup adjustment. It is the responsibility of the leading coach to make the adjustments. ***It is not the responsibility of the opposing team to simply "add a player."***

Coaches who violate this rule will be reported to the Dir. of Referees and the Division Coordinator.

1. First Violation - Warning from Division Coordinator or Director of Rec to head coach.

2. Second Violation - 1 match suspension of the head coach.
3. Third Violation - Suspension for remainder of season, including any postseason activities.

Note - The head coach is responsible for results as it pertains to this rule even if he/she is not present at the game(s) in question.

- All coaches are required to read and abide by CHFC's Zero-Tolerance Policy. This will be strictly enforced. We encourage and expect the enthusiastic support of all parents for all players.

3) Concussion Protocol

- If a player is suspected to have a head injury, the referee must stop play to allow for treatment and evaluation. A player with a suspected head injury may NOT return to the match unless a medical doctor clears the player following appropriate guidelines. If a coach or parent insists on returning the player to the field of play without such clearance, the referee will signal the end of the game.

4) Parents

- All parents are required to read and abide by CHFC's Zero-Tolerance Policy. This will be strictly enforced. We encourage and expect the enthusiastic support of all parents for all players.
- Parents should always sit on the sides of the playing fields and never on the ends (behind the goals) of the fields or in any place that obstructs the coaches' and players' movement and view during the game.

4) Inclement Weather/Cancellations

- Safety is our ultimate concern. With that said, soccer is an outdoor, multi-weather sport. Cancellations for inclement weather and poor field conditions are at the discretion of CHFC. The club maintains a website and various social media platforms and makes every effort to update game/field status **changes** in a timely manner. Cancellation notifications will be made prior to the start of the first game of the day.
- Web Site: www.cherryhillfcsoccer.com