

Conrad Weiser U8 Club Soccer Guidelines

Equipment:

- Shin guards: Required to participate at practice and during the games.
- Water Bottle: Please bring a full water bottle to all practices and games.
- #3 Soccer Ball: Please bring a soccer ball to practice (write player's name on ball).
- Black Soccer Shorts: Players need to wear black shorts on game day.
- Black Soccer Socks: Players need to wear black socks on game day.
- Shirts – provided by the club, handed out prior to game day.
- Soccer Spikes: Optional, but recommended

Practices:

- Have fun.
- All practices will be held at Conrad Weiser East Elementary School
- Practice will be either Monday/Wednesday or Tuesday/Thursday evenings
- Practice time to be determined by coach
- Practice fields will be assigned to teams
- Practices should be no longer than one hour
- Do not make the player run laps
- Line fields as needed

Game Day:

- Have fun
- All games will be held at Conrad Weiser East Elementary School.
- The game time will be 1:00 PM or 3:00 PM
- Four 10 minute quarters with 5 minute breaks between quarters
- Rotate players as necessary
- Equal playing time for all players
- 6 players vs. 6 players
- Positions: 2 forwards, 3 backs, 1 goalie
- Play begins by rotating possession for each team at each quarter. Defensive team must begin outside of circle. The defensive team should provide adequate room to allow the offensive team to return the ball to play.
- After a goal is scored, the other team gains possessions.
- If the ball goes out of bounds on either side of the field, the ball is placed at the spot where it went out of play; the ball is returned to the playing area by throwing the ball into play. The defensive team should provide adequate room to allow the offensive team to return the ball to play.
- If the ball goes out of bounds at the end of the field by the offensive team, the defensive team returns the ball to the playing area on the left or right side of the goal. The offensive team should return to mid-field to allow the defensive team the opportunity to return the ball to play.
- If the ball goes out of bounds on the end of the field by the defensive team, the offensive team returns the ball to the playing area at the corner of the field on the side that the ball

went out of play. The defensive team should provide adequate room to allow the offensive team to return the ball to play.

- Coaches, one per team, can coach on the field during the game.
- Coaches referee the games. We may recruit high school players to assist in refereeing games.
- No use of forearms or below with intent.
- No pushing or shoving.
- Coaches should stop the game at any time to explain/correct actions.
- Coaches use your discretion when calling penalties.
- No score keeping necessary
- No play-offs
- Fields must be lined before every game