

U7/8 Metro Kids Soccer – Playing Rules
Updated 2019

The MKS Culture: The most important rule to remember is that our top priority is providing the players with a positive experience. Ask any kid why they play soccer and you receive two answers: it is fun and I get to play with my friends. MKS is committed to maintaining a friendly, safe atmosphere at all of our games. Coaches, parents, other family members and friends all want the same thing; to give our kids a fun, memorable experience.

To accomplish that, all spectators will offer only positive, encouraging comments; **NO Directives! NO telling players to run faster get the ball, shoot, etc.** Moreover, positive and supportive comments shall be given to ALL players, not just those on your team. We are more than just a soccer partnership; we are a community. We will give every player an enjoyable experience.

For the 2018 season and beyond, all four MKS partner clubs agree to provide Game Monitors for all of their club's home games. Game Monitors may be teens or adult volunteers. Coaches or parents who are coaching or spectators at their children's game will not be asked to monitor the game.

1. Have Fun!
2. Prior to the game, the game monitor will conduct the pre game check following the check off list.
3. Coaches are responsible for the conduct of their sideline. They, with the help of a parent volunteer, will make sure that only positive comments are offered. There is zero tolerance for inappropriate behavior.
4. If possible, home team with their spectators will be on one side of the field and the visiting team with their spectators will be on the opposite side of the field. If field constraints or safety precludes this, coaches of both teams will decide the best spectator configuration.
5. Teams will be divided into two groups and play two 4v4 games simultaneously on adjacent fields.
6. Games consist of four (4) quarters of eight (8) minutes each. There will be a five (5) minute break in between each quarter. Teams must be on the field and ready to play at the five (5) minute mark.
7. Time keeping; Game Monitor, home coach or parent volunteer will be responsible for keeping the time. Re-shuffling of players between fields may occur during each quarter break to avoid lopsided situations.
8. If a team shows up with too few players to field a team, they may borrow players from the opposing team. NO forfeits; the focus is on playing the game and having fun.
9. If a Game Monitor, or facilitator does not show up, the game will be facilitated by the coaches or a parent volunteer. Again; no forfeits. Coaches will facilitate (if needed) from the sidelines; no coaches on the field.
10. Coaches shall refrain from offering directives during the game. Save the coaching moments for players on the sideline, quarter breaks and during practices. During games, offer encouragement to all players.
11. Substitutions may be done by either team on any dead ball situation.
12. Each player must play at least 50% of the game.
13. Each quarter begins with a kick off from the mid-line.
 - a) The kick off must be a pass to another teammate.
 - b) The ball may be played forward or backward.

- c) All defending players will wait in their Halo Zone until the ball is kicked. Once the ball is kicked, they must vacate the Halo Zone.
 - d) All defending players must wait until the ball is kicked before moving to defend.
14. Failure to pass the ball with the first kick results in a change of possession. The defending team gets a throw in at mid field. However, game monitors or facilitators have the discretion to offer a re-try. Note: the pass does not need to be completed; just attempted.
 15. Players may not stand in the Halo Zone, they must **move through it within three (3) seconds**; think three (3) seconds in the key.
 - a) If players are moving with the ball (dribbling) or moving to receive a pass, they can shoot from within the Halo Zone
 - b) If defenders are moving to intercept the attacking player, they may defend from within the Halo Zone.
 - c) The key here is **movement**. We do not want players stationary in the Halo Zone.
 - d) "Scrum" (players in a bunch battling for the ball) may happen and the game monitor or facilitator will count off **five (5) seconds**. If a goal has not been scored, or the ball has not been defended within five (5) seconds, the referee or coach facilitator will call out "Halo" and the result will be a drop ball at the midline.
 16. Balls that go out of bounds on the sideline result in a throw in for the other team. Game facilitators will have additional balls ready to minimize disruption.
 17. Balls that go out of bounds from the defending team on the goal line result in a throw in from the nearest spot on the sideline for the other team.
 18. Balls that go out of bounds from the attacking team on the goal line will result in a "goal kick" for the other team. **The ball is placed at the top of the Halo Zone. The attacking team kicks from there. The defending team retreats to their half of the field behind the mid line. They may not cross the mid line until the ball is kicked.**
 19. After every ball in the net (goal), the game is re-started with the team that did not score kicking off in the manner described above. See rule #13.
 20. "Balls in the net" (goals) will be kept track of as inconspicuously as possible by the team parent or parent volunteer, and reported to Team Sideline via email. Coaches will receive an email after their game has concluded asking them to report their scores. Scores will be kept for seeding purposes, but will not be posted. Remember: the focus is **not** on the score and/or winning and losing.
 21. Coaches will be mindful of sportsmanship during games that becomes too lopsided in terms of goal scoring, and will take appropriate measures to even out the score and keep the game fun for everyone.
 22. No heading. Headers result in a throw in for the other team.
 23. Have fun!