



2025 San Mateo AYSO 7U/8U Cheat Sheet

Thank you for volunteering to referee. You are helping the kids play.

GAME MODIFICATIONS FOR 7U/8U SHORT-SIDED PLAY

- 5 players on the field/team, no goalkeepers, 7 players max/team.
- Minimum # of players on field: 4
- No player plays a full game until all players have played $\frac{3}{4}$ of the game.
- Game length 40 minutes, 2 halves of 20 minutes each.
- Field Markings: touchlines, goal lines, halfway line, center mark, center circle, corner area, goal area (no penalty area).
- The HOME team for each game will supply the Referee who has the whistle and makes all calls and decisions with regards to the game.
- The VISITING team for each game will supply a referee who will assist the Referee and will keep the game cards. Visiting team referee will record all information on the cards with regards to the game including substitutions and score.
- If one team does not have a referee, the other team's referee will perform all functions of the referee for that game.
- Game modification: before a goal kick is taken, all opponents must move behind or near halfway line. No distance requirement for a second touch by kicking team (still no double touches!).
- No deliberate heading of the ball: If a player deliberately heads the ball, free kick awarded to opposing team.
- No slide tackling: If a player slides to tackle the ball, free kick awarded to opposing team.
- Kick ins for 7U: If the whole of the ball passes over the touchline, a kick in is taken on the touchline by the opponents of the player who last touched the ball. Opponents must be at least 2 yards away from the ball.
- Throw ins for 8U: If the whole of the ball passes over the touchline, a throw in is taken on the touchline by the opponents of the player who last touched the ball. Opponents must be at least 2 yards away from the ball.

Reminders

1. Coin Flip: Winner of coin toss decides to take the kick-off or which side to attack (the one they are already on!). Reverse sides for the start of the 2nd half. The other team takes the kick-off in the 2nd half.
2. No Goaltending: Players are expected to be actively involved in play. If the ball is on the attacking half of the field, the coach should instruct players to move up towards the halfway line. Players can move back if the ball crosses into the team's half of the field.
3. Restarts:
 - Ball across the touchline: KICK IN for 7U, THROW IN for 8U.
 - Ball across opponent's goal line not in the goal, last touched by attacking team: GOAL KICK FOR DEFENDING TEAM (opposing team moves behind or near halfway line).
 - Ball across opponent's goal line not in the goal, last touched by the defending team: CORNER KICK FOR ATTACKING TEAM.
 - Ball across the goal line and in the goal: KICK-OFF. Ball can be kicked in any direction for kick-off.
 - A foul, including the deliberate heading of the ball: FREE KICK
 - Injury or stoppage for any other reason: DROPPED BALL to one player of the team that last touched the ball. However, if the dropped ball is to be taken within 6 yards of a goal line, have defending team take the dropped ball restart.
4. Substitution: around the 9:30 minute mark, when there is a "natural stoppage" like for the re-starts listed above, call for substitutions. Do not stop your clock!
5. Half Time: after 5 minutes, start getting the teams onto the field.
6. START AND END YOUR GAMES ON TIME! If you are running late, end the game early so that the next game can start on time.
7. At the end of the game, after the handshake, encourage your teams to move away from the fields for their snack as a courtesy to the next teams who are playing.
8. Game cards go into the designated box.
9. Have Fun! If the adults have fun, the kids will too.

If you have any questions or concerns, please:

- Write your questions or concerns to the 7U/8U Division Coordinator on the back of the game cards.
- Contact the 7U/8U Division Coordinator or Regional Referee Administrator (<http://www.aysosm.org/Default.aspx?tabid=864774>).