



**2026
Youth Soccer
Co-Ed 7/8 Year Olds**

Equipment:

1. Ball Size: 4
2. Field Size: 112ft by 150ft
3. Goal 6.5ft by 12ft
4. **SHIN GUARDS ARE MANDATORY!** Cleats are recommended.
5. Jerseys are furnished by the Recreation Department and should be worn to all games. Parents are responsible for shoes, socks, and shin guards. The goalie wears a shirt of a different color during the games. This shirt is provided by the recreation department.

League Information:

1. Team Photos will be held in October 6, 2026, *times will be assigned to teams*
2. Participation medals will be awarded to all players at the end of the season
3. NO Profanity, Alcohol, or Tobacco use is permitted by coaches, parents, or players while on Recreation Department Property.

Game Information:

1. Games are played Wednesdays nights. Rain Outs will be rescheduled time permitting. Game times 5:30pm and/or 6:30pm
2. Weather Updates: Visit City of Isle of Palms Facebook Page
3. There is no Post Season Tournament
4. Score is kept, (but not displayed on the Scoreboard). League Standings are not kept. Teams are responsible for keeping score.
5. Games are 32 minutes long 4 – 8 minute quarters. 1 minute break between each quarter. Half time is 5 minutes
6. Coaches will act as referees for these games.
7. **DO NOT DISPLAY SCORE ON SCOREBOARD**

General Information:

1. 7/8yr Leagues will have 6 players per team on the field at one time, 5 field players and 1 goalie

Player Participation: Play will stop every 4 minutes and substitutions will be made. Each Player must play a minimum of four (4) four (4) minute blocks per game. Violations of this rule will result in suspension for the coach. The second violation of the rule will result in the dismissal of the coach from the league. A coach may hold a player out for any of the following reasons: injury, illness, or disciplinary reasons. The Coach must notify the opposing coach and rec staff before the game begins if he/she is going to hold a player out.

2. Both head coaches are allowed on the field during play. (The coach must stay clear of the action, may not stand in the goalie box, and may not touch the children). Parents and coaches are not allowed to stand behind the goals during the game.

3. Offside will not be called.

4. There will not be any penalty kicks or direct kicks.

5. **Indirect Kicks:** All fouls result in an indirect kick. Fouls inside keeper box are moved to top of box for an indirect kick. Defenders must be five (5) yards away from all restarts.

6. **Goal Kicks:** If a team shoots and misses the goal sending the ball over the endline, the other team does a goal kick to put the ball back into play. The keeper places the ball on the ground and then the kick may be taken from anywhere inside the keeper box.

7. **Corner Kicks:** If a defender (including the Keeper) sends the ball over the endline, the other team is awarded a corner kick to put the ball back into play. The ball is placed at the corner of the field and put back into play with a pass.

8. **Re-Start:** Used to start the game after a goal is scored, the team that was scored on, places the ball in the middle of the field. Players must be on their side of the field to begin play and a forward pass to a teammate restarts the game. The home team has the kick off.

9. **Throw In:** Both Hands must be on the ball and both feet must stay on the ground when the ball is thrown overhead. A throw in is used when one team kicks the ball out of play over either sideline of the field. The other team is awarded a throw in to put the ball back in to play.

10. **Goalkeeper:** is allowed to use hands inside his/her area, which extends 5 yards out from the goal and across the width of the field. He/She is encouraged to go outside of the area to help teammates. (No hands allowed). The keeper is not allowed to score.

11. **Fouls:** Be aware of pushing with hands, tripping, sliding from behind, & Hand balls. Place the ball where the foul occurred.