



DIVISION TRANSITION GUIDE

WELCOME TO U7/U8!

Moving up from U6 is where the game starts looking more like soccer.

Good news: fewer changes at this step than you might expect.

WHAT'S NEW

- **Bigger teams:** 3v3/4v4 becomes 5v5.
- **Coaches move to the sideline:** no more coaching from on the field, except to attend to an injured player.
- **Goalkeepers arrive:** a keeper is introduced and can play up to one quarter in goal, distributing by throw, roll, or pass only (no punts or drop kicks), with defenders retreating to the half-field line.
- **Real throw-ins begin:** sideline kick-ins are replaced by throw-ins, with one re-throw allowed if it's not clean.

WHAT STAYS THE SAME

- **Ball size** stays at size 3.
- **Games are still** four 10-minute quarters — halves don't start until U10.
- **No official score** is kept yet.
- **No direct kicks or offside yet** — those wait until U10.
- **Minimum players to start** stays at 3.
- **No slide tackles**, no purposeful heading.
- **Every player** still gets at least half of every game.
- **Same gear:** jersey, shorts, socks, shin guards, cleats, no jewelry.