



8 v 8 Outdoor Soccer Rules

Revised 4/01/2022

NJ Coed Sports **Indoor Soccer Rules** found here [Indoor Soccer NJCS](#) are in effect for **8 v 8 Outdoor Soccer**.

Key rules include:

- 6 males / 2 females on the field
- no “off-sides”
- no throw-ins (ball is kicked in)
- Ball cannot be thrown over half line by a goalkeeper. Ball must bounce prior to line.

- Teams can sub in on the fly whenever needed
- Defenders must give 5 yards to offense during a free kick or kick in
- Goals are 16ft x 8ft.
- Penalty kicks: Kicker can take no more than one full step backwards before kicking ball.
- As always, no slide tackle allowed.
- All players must wear shin guards to play.

ALL GUEST PLAYERS must be announced by team captain. A waiver must be signed and guest fee of \$15 to play must be collected PRIOR to start of game. Any team captain found to be violating this important rule will cause his/her team to forfeit that game. **No exceptions.**