

Playing Rules: Under 4 to Under 5 (4 v 4)

- **The Fields- 14-22**
- **The Ball** – Size 3.
- **The Players** – 4 to a side with no goalkeeper.
- **Coaches & Fans** – Coaching must be done from one side of the field only. **No** fan or coach should coach from behind goals.
- **Players Equipment** – Shoes, socks, shorts, shirt and shin guards (worn under the socks) are ALL
- **REQUIRED.** It is the responsibility of the coach to ensure that his/her players are properly equipped prior to the start of the game.
 - Extra clothing worn for warmth should be under the uniform.
 - Players may not wear anything which could be dangerous to others or themselves:
 - Jewelry of any kind (rings, watches, bracelets, necklaces, earrings, etc.).
 - Dangling or loose items or items with metal parts (clips on gloves, scarves, earmuffs with metal bands etc.).
 - Street shoes other than sneakers or tennis shoes 4) Cleated shoes having:
 - Cleats (spikes) with sharp or rough edges.
 - Shoes with a cleat at the very tip of the toe (Baseball cleats).
 - Shoes where the cleat base has separated from the toe.
 - Shoes with missing replaceable cleats or exposed metal showing.
 - Shoes with replaceable cleats which have the screw base as part of the sole.
 - It is recommended eyeglasses be secured with a safety strap.
 - Barrettes, hairpins, and hard plastic hairclips are not allowed.
 - Dental guards, hearing aids are permitted.
 - Artificial limbs are permitted if they do not pose a hazard to others.
 - Braces, casts, or splints may be worn with medical approval and provided they are wrapped with a soft and yielding material and if they are not used in a manner dangerous to others.
 - “Do rags”, bandannas, or ball caps worn backward are not permitted.
- **Referee -**
 - EACH TEAM shall provide a co-official for the match.
- A co-official performs both the duties of coach and referee. He/she may be the team coach, assistant coach or a parent.
 - The co-official shall:
 - LOOK to the SAFETY of the players.
 - ALLOW THE TEAMS TO PLAY, keeping coaching to a minimum.
 - INSTRUCT, but don’t criticize.
 - DEMONSTRATE SPORTSMANSHIP by example.
 - Use a whistle to CONTROL play and ensure the safety of players.
 - Seek to GET ALL PLAYERS INVOLVED and participating. 7) PRAISE and ENCOURAGE good play. .
- **Duration of the Game**
 - The game shall consist of 4 quarters at 6 minutes each for U4 and U5
 - After 6 minutes, a co-official shall stop play at a normal dead ball (kick-in, free kick, corner kick, and kick-off) for the quarter-break and allow substitution.
 - The substitution break should not exceed 2 minutes.
 - The half-time break should not exceed 5 minutes.
 - Time shall not be stopped except for serious injury.
- **Substitutions**
 - Substitutions may be made at any time, stop of play, between quarters or at half time.
 - An injured player can be substituted at any time.

- **Start of Play – Kick-off Start of Play – Kick-off**
 - Prior to the game a coin toss shall be held: the winner has the choice of goal to defend and the other team takes the kick-off.
 - At the start of the second half the teams shall switch ends and the team which did not kick off initially will do so now.
 - After a goal, play is restarted with a kick-off by the team having been scored upon.
 - Players must be in their own half at the taking of a kick-off. Defensive players may not be within the center circle.
 - At the kick-off, the ball must move forward on the initial touch.
 - A goal may not be scored directly from the kick-off unless touched by another player.
 - The 2nd & 4th quarters shall begin with a restart with a kick-off by the same team that had possession at the quarter stoppage.
 - At the start of the second half (3rd quarter) the teams shall switch ends and the team which did not kick off initially will do so now.
- **Method of Scoring** – An official score is not kept. No team shall be declared a winner.
 - **Ball In and Out of Play** –
 - The ball is out of play when the WHOLE of the ball has crossed the WHOLE of the line, either in the air or on the ground. The position of the player has no bearing.
 - Corner flags, goal posts, crossbars, referees and linesmen are considered part of the field and play does not stop if the ball rebounds off them unless it then crosses completely over a boundary line.
- **Kick-in-** There are no throw-ins at this age. A ball that goes out of touch is restarted with a kick-in at the point where the ball went out. A kick-in is an indirect kick meaning it must touch another player before going into the net for a goal to be scored off a kick-in.
- **Fouls and Misconduct** - (See “The TEN Major Fouls” section.)
 - **Sliding tackles** are NOT permitted, even if properly executed, and are penalized as dangerous play.
 - Heading is Not permitted, and is penalized as dangerous play.
- **Free Kick Play** – See Fouls section. ALL free kicks are considered **DIRECT**. Co-officials should EXPLAIN the infractions to the player(s).
- **Goal Kick** – Is taken at the end line if the ball went out of play on the end line after being last touched by the attacking team.
- **Corner Kick** – Is taken at the end line in the corner of the field if the ball went out of play on the end line and was last touched by the defending team.
- **Common Requirements for KICK-OFFS, CORNER KICKS, GOAL KICKS and FREE KICKS** – See General Rules section.
 - Opponents may not be within **4 yards** of the ball until it is put in play.
- **17- Offside** – none, but no player shall be allowed to “camp out” in an opponents goal area when the ball is in the other half of the field
- **18- Goal keeping/guarding-** No player should be allowed to permanently stand in front of the goal on the goal line to act as a goalkeeper regardless if they do not use their hands.

Fouls-

If a player commits any of the following seven offenses in a manner CONSIDERED by a REFEREE to be CARELESS, RECKLESS, or INVOLVING EXCESSIVE FORCE

- a) Kicks or attempts to kick an opponent
- b) Trips or attempts to trip an opponent
- c) Jumps at an opponent
- d) Charges an opponent
- e) Strikes or attempts to strike an opponent
- f) Pushes an opponent

g) Tackles an opponent – makes contact with the opponent before contact is made with the ball

Or commits any of the following three offenses

h) Spits at an opponent

i) Holds an opponent

j) Handles the ball deliberately (except the keeper within his or her own penalty area)

The offending player shall be penalized by the award of a DIRECT FREE KICK by the opposing team from where the offense occurred.

A player committing any of the following offenses:

a) Playing in a manner considered by the referee to be dangerous

b) Impeding the progress of an opponent

c) Preventing the goalkeeper from releasing the ball from his hands

d) Commits any other offense, not previously mentioned, for which play is stopped to caution or dismiss a player

The offending player shall be penalized by the award of an INDIRECT FREE KICK by the opposing team from the place where the offense occurred.