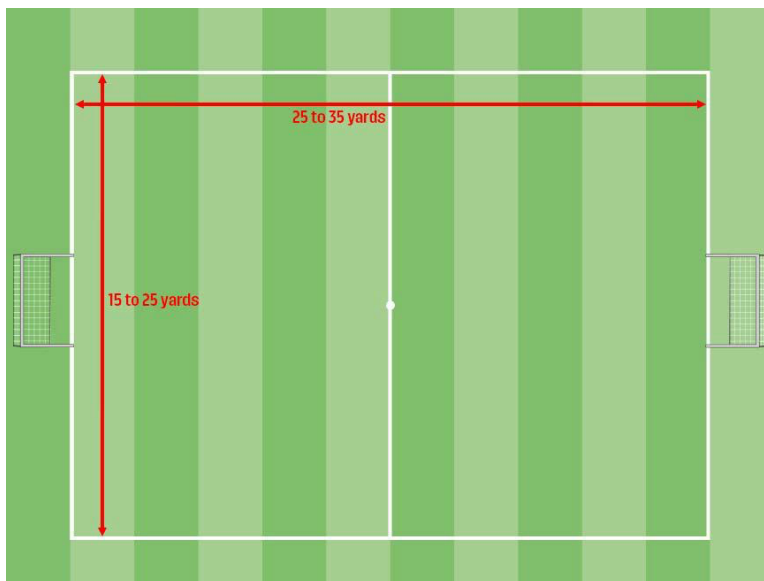




4U, 5U, and 6U (4v4) Modified Laws/Rules

I. The Field



1. The field of play shall be rectangular, its length not more than 35 yards and its width not more than 25 yards. The length in all cases shall exceed the width.
2. Goals: Inside measurements: Six (6) feet wide and four (4) feet high
3. Team coaching areas
 - a. Teams should be on the same side of the field, and at least two (2) yards off the field.
 - b. Coaching areas shall be the same as the team areas.
 - c. No one is allowed behind the goal line or goals except in bleachers
 - d. Parents **MUST** be on the opposite side of the field to the Coaching areas!

II. The Ball

Size Three (3) Game ball should be provided by the home team. The game ball should be correctly inflated.

III. Number of Players

1. Players on the field at one time is FOUR (4). Maximum roster size is EIGHT (8).
2. The minimum number of players per team on the field to start or continue the game is THREE (3).
3. Coaches should loan players to a team short of the minimum to allow all kids to play and have fun. If the score goes to a +4 differential, then the opposing team may add an additional player until such time as the score goes to +3 goal differential. This is to support a FUN and Developmental environment.



IV. Substitutions

1. At the quarter.
2. For an injured player, when the play has been stopped.
3. If a player "needs it," if he or she is in physical distress, overheating, etc.

V. Players Equipment

1. A player must not use equipment or wear anything that is dangerous to himself or another player (including brimmed hats or any kind of jewelry.)
2. The home team will wear white jerseys. The visiting team wears the blue jersey.
3. Players must wear shin guards covered by long socks.
4. Soccer cleats are recommended but not required. No shoes with toe cleats – like baseball cleats. No metal cleats.

VI. Referees

1. 4U/5U/6U Coaches will act as game managers (referees).
2. Each coach will officiate one-half of the game field (the half directly in front of the team bench). Each coach shall make calls on their half of the field.
3. A team may ask the other team to officiate the game. The other team may but does not have to agree. However, once this is agreed to and the game begun, no change is to be made.

VII. Length of Game

1. 4U/5U/6U – Four, eight (8) minute quarters. Two (2) minutes quarter breaks. 5 minutes for half-time break.

VIII. Rules

1. Beginning the game
A coin toss between captains of the opposing teams will be conducted by the first half referee, in the company of the second half referee. The team winning the toss shall select the side of the field to defend. The losing team takes the first kick-off.
2. Kickoffs
 - a. The game begins with a kickoff in the center circle, by the team who was designated in the toss. The team kicking off may line up on the center line. The opposing team must line up outside the center circle. Play begins upon the sounding of the referee's whistle.
 - b. After a goal is scored, restart play with a kickoff taken by the team surrendering the goal. For a violation of this rule, the kick shall be retaken.
 - c. The player, who makes the kickoff, cannot touch the ball a second time before it has been touched by another player; the penalty for this is a direct free kick.
 - d. A goal cannot be scored directly from a kickoff (directly means that no other player from either team touches the ball before it goes into the goal.) If the ball is kicked directly into a goal from a kickoff award a goal kick.



3. Ball in and out of play

- a. The ball is out of play when it has entirely crossed the goal or touch line, either on the ground or in the air.
- b. All balls out of play through the sidelines will be restarted with a throw in. Opposing players stand back from the ball 5 yards.
- c. All balls out of play through the goal line will be restarted with either a goal kick or corner kick. See below for more details.

4. Free Kicks

- a. Only direct free kicks are awarded in 5U – 7U.
- b. A direct free kick is a kick free from interference by the opposing team and from which a goal can be scored.
- c. All opposing players must stand back 5 yards from the ball (in all directions.)
- d. The kicker may not play the ball a second time until another player has touched or played the ball. The punishment for this will be a direct free kick awarded to opposing team at the point the ball was touched a second time (except in g. below.)
- e. The ball is in play only when it has traveled its circumference.
- f. If the kick is awarded for a foul by the defending team committed in its own goal area, the attacking team will take the kick from that point on the goal area line (parallel to the goal line) closest to the point of the foul.
- g. A free kick taken from within a team's own goal area (includes the lines which define the area) must leave the area, as well as travel its own circumference, before it is in play. If it does not, retake the kick.

5. Kick Ins (Not Throw Ins)

- a. When the ball completely crosses a touch line (line on either side of the field,) either on the ground or in the air, it shall be kicked in from (give or take a yard) the point where it crossed the line. All opposing players must stand back 5 yards from the ball (in all directions.)
- b. The team who touched the ball last before it completely crosses the touch line loses possession and the ball is kicked in by the opposing team.
- c. A goal cannot be scored directly from a kick in.

6. Goal Kick

- a. When the ball has completely crossed the goal line, except through the goal, either on the ground or in the air, and was last played or touched by a player of the attacking team, it shall be kicked into play from any point inside the goal area (including the goal area lines) by the defending team.
- b. All opposing players must be at least 5 yards from the ball.
- c. The ball must travel its own circumference and leave the goal area before it is considered in play. If it does not, retake the kick.
- d. The kicker cannot play the ball a second time until it has been touched or played by another player. The penalty for this, except in cases where section c applies, will be an indirect free kick awarded to the other team at the point the ball was played a second time.

7. Corner Kick

- a. When the ball has completely crossed the goal line, except through the goal, either on the ground or in the air, and was last played or touched by a player of the defending team, it shall



be kicked into play from the corner arc, on the same side of the goal on which it went across the goal line by the attacking team.

b. All opposing players must be at least 5 yards from the ball

c. The ball must travel its own circumference before it is considered in play. If it does not, retake the kick.

d. The kicker cannot play the ball a second time until it has been touched or played by another player. The penalty for this will be an indirect free kick awarded to the other team at the point the ball was played the second time.

e. A goal can be scored directly from a corner kick

8. End of Play

a. The referee should blow his or her whistle several times to indicate that play is suspended for quarter, half-time breaks and the end of the game.

b. Following the game the players from each team should line up at the center line and shake hands.

9. Modifications

a. The second touch rule may be modified depending on the age or skill level of the players. It is more important to have the game be continuous and flowing than to break it up for infractions that are beyond the skill or understanding of the player.

b. No player should touch the ball in the goal box. This is to prevent teams from standing defenders right inside the box (almost like goalkeepers) in order to keep the other team from shooting. Players should be encouraged to go to the ball instead of standing in front of the goal waiting.

IX. Parental Responsibilities

1. Parents should respect the commitment made by their coach and try to make all practices and games. Please be on time.

2. Parents and other spectators should be respectful of the players and coaches/referees. They should cheer and encourage all players and should leave the coaching to the coach.

3. Teams and parents should not enter a field if another game is in progress.

4. No one should cross a field in use during a game.

5. Parents should help their children pick up all trash and dispose of it properly as well as reminding them to pick up their belongings after games and practices.

What the referee/coach will need to officiate:

A Whistle

A Watch

A Coin (for coin toss)

6. Only volunteers that have completed a background check and passed the CDC concussion course and SafeSport training through FYSA/GotSport are allowed in the bench area and on the field. All other spectators must watch from the opposite sideline of the bench area.