

# **PLAYING RULES: U4**

#### 1. FIELD OF PLAY

a. The field of play is 45 (forty-five) feet wide and 60 (sixty) feet long. The center circle is 8 (eight) feet in radius. The goal area is 6 (six) feet wide and 4 (four) feet in depth. The goal size is (four) feet high and 5 (five) feet wide (approximately)

#### 2. PLAYERS AND SPECTATORS

a. Teams will assume opposite sides of the field from each other. Spectators must remain behind the spectator line only and never behind the goals. Only parents and players shown on the official roster and registered with us are allowed inside this line for the duration of the game including quarters and halftime breaks. One Coach per team is allowed on the field to administer the game and provide direction for the game on kick offs, corner kicks, goals kicks.

#### 3. THE BALL

a. The ball is a size 3 (three).

#### 4. TEAMS

a. Teams are composed of a maximum of six players. The number of players on each side is3. A team may not play with less than three players on the field.

## 5. LENGTH OF GAME

- a. **EACH PLAYER MUST PLAY AT LEAST 50% OF EACH HALF OR ONE QUARTER** for this age only the coach has the ability to substitute a player during the game by communicating to the other coach that you are subbing, Rule 5ii clarifies this below.
  - i. Under 4 and Under 6 games are 4 eight-minute quarters with 3-minutes between quarters and a 4- minute half-time period. One Coach or a parent will keep time for each quarter.
  - ii. Substitutions are best made at the beginning of each quarter or half, encourage the kids to play the entire time. Players may be substituted by coach discretion if a player leaves the playing field upon his or her own will and does not want to play, or if a player is injured or in duress. As determined by the referee/coach
  - iii. Teams that are not ready to play within 5 minutes of published time will forfeit the game. A team unable to field 3 players at game time will forfeit the game. There will be no time stoppage for any reason.

## 6. KICK-OFF

a. Kick off will be decided at the beginning of the game by the coaches. Teams will switch sides for the second half.

#### 7. INDIRECT FREE KICKS

 a. Kick-off, goal kicks and fouls are indirect kicks (i.e., a goal cannot be scored by kicking the ball directly into the goal: the ball must first be touched by another player).
Defending players must be at least 9 (nine) feet / 3 (three) yards away from the ball at the time of the free kick.

#### 8. FOULS AND MISCONDUCT

- a. A player who commits any of the following six (6) offenses shall be penalized by the award of an indirect free kick to the opponents.
  - i. Kick or attempts to kick an opponent.
  - ii. Trips an opponent, (i.e., throwing or attempting to throw an opponent by the use of the legs or by deliberately/intentionally stopping in front of or directly behind the opponent).
  - iii. Charges an opponent in a violent or dangerous manner.
  - iv. Holds an opponent with the hand or any part of the arm.
  - v. Pushes an opponent with the hand or any part of the arm.
  - vi. Handles the ball (i.e., strikes, or propels the ball with the hand or arm). It should not be considered a "hand ball" when any player attempts to protect the vital areas of the body (chest, crotch, face, etc.) by placing hands or arms across them to protect them from being struck by the ball. The official / coach shall be the sole judge of whether the hands or arms were used deliberately to propel the ball.
- b. A player shall be sent off the field of play if:
  - i. In the opinion of the official / coach, the player is guilty of fighting.
  - ii. The player uses foul, abusive, or improper language. If play is stopped by reason of a player being ordered from the field for an offense without a separate breach of the rule having been committed, the game shall be resumed by an indirect free kick awarded to the opposing side from the place where the infringement occurred. The player that is sent off can be replaced with another player from the same team. The player being sent off must sit out the rest of that game.

#### 9. BALL OUT OF PLAY

- a. The ball is out of bounds when the whole ball passes over the whole sideline or goal line (for U4 there is what we call a soft out of bounds (usually within a half-foot of the sideline or goal line. When determined by a coach that the ball is out of bounds, the ball will be put back in play by the opposing team as follows:
  - i. Played over the sideline: a KICK IN is taken at the point the whole ball crossed the line there are no throw ins at this age until the referee is added to the playing field.
  - ii. Played over the goal line by the defending team: A corner kick is taken by the attacking team from the corner arc on the side of the field where the ball crossed the goal line.
  - iii. Played over the goal line by the attacking team: A goal kick is taken by the defending team from anywhere in the goal area.
  - iv. A goal is scored when the whole ball passes completely over the goal line between the goal post and under the cross bar. Note: All kicks are indirect; therefore, a goal cannot be scored from a restart except as defined unless the ball is touched by two players.
  - v. Each half is started with a kick-off. Second and fourth quarters are restarted where play in the previous quarter ended with a stoppage of play.

# 10. PLAYER'S EQUIPMENT

a. Players should wear a unique and easily visible numbered shirt (number must be on the back of the shirt) of the same colors as their teammates. The referee shall make the final decision in allowing or disallowing a player to participate. The final decision on

- whether there is a color conflict is up to the referee. In the event two teams are to play and the normal jersey of both teams are identical or similar in color such that confusion might arise, the home team shall be responsible for changing jerseys. The referee shall make the final decision in approving or disapproving alternate jerseys
- b. Shin guards are mandatory for all players. Socks must be worn over the shin guards and shirts must be tucked in.
- c. A player shall not be permitted to wear anything considered dangerous by the referee. Jewelry considered dangerous to them, or other players must be removed. Hard casts and finger splints must be covered with suitable padding. If at any point during the match the referee determines an item to be dangerous, the player may be asked to remove it or sit out the remainder of the game.
- d. Players wearing eyeglasses are encouraged to wear an eyeglass retainer strap.
- e. Under foul weather conditions, additional garments (knit caps, gloves, and warm-ups) may be worn as long as the team jersey is on the outside.
- f. Shoes, tennis shoes, or soccer shoes must be worn by all players. All footwears must be of soft cleat type and have no metal studs (screw-ins) or any other exposed metal. Baseball, Softball, or shoes with a toe cleat are not acceptable. Turf shoes with waffle bottoms are acceptable.
- g. Sponsor's advertisements may be displayed on uniforms. Any sponsor or product must be appropriate for a youth sports organization. The determination of any appropriate sponsor or product is solely at the discretion of the Recreation Team.
- h. The Home Team (which is listed first on the playing schedule) is responsible for providing contrasting jerseys in the event of a conflict of colors.

# 11. OFFICIATING – Coaches for Under 4 are responsible for the officiating / coaching part of the game following the same rules and guidelines

- a. A referee / coach shall be appointed by the league to officiate in each game
- b. The referee/coach has jurisdiction from the time the referee / coach arrives at the field of play. The referee's / coach's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.
- c. The referee/coaches can stop the game for infringement of the rules and can suspend or terminate the game whenever the referee deems such stoppage necessary, for example, severe weather, interference by spectators and/or coaches.
- d. If the official referee (for referee administered games) does not appear within fifteen (15) minutes after the scheduled game time, a person mutually agreed upon by both coaches may referee the game. The decisions of that person serving as an emergency referee are just as binding as if he/she were a registered referee.

# **12. OTHER GENERAL RULES**

- a. **No Goalies:** Players are only allowed to stand in the goal box if they are directly playing the ball. Players may play defensive positions but must move up with the field of play. The purpose of the 3v3 game is for all children to be involved in the action.
- b. One Coach per team for U4 is allowed on the field during play for games that are not administered by a referee. When a referee is present, they may be invited by the official for the purpose of assisting an injured player. Coaches may enter the field of play to set their team at the beginning of each half or the beginning of each quarter.
- c. Kick-ins: For Coach administered games only, if an infraction occurs on a Kick-in, a second Kick-in must be allowed. If an infraction occurs on the second Kick-in, play should be allowed to continue. This is a developmental league, and we are here to help the players learn. Please get the kids involved.

d.	Throw-ins: For referee administered games only, if an infraction occurs on a Throw-in, a
	second Throw-in must be allowed. If an infraction occurs on the second Throw-in, play
	should be allowed to continue. This is a developmental league, and we are here to help
	the players learn. Please get the kids involved.

e.	Score is not kept during games. At the end of the game there are no winners and losers.
	ALL kids are winners.

By signing here I state that I have read and agree to the terms and conditions.