



SOCCKER RULES

4-5 YR OLD

I. GENERAL

- 1.01 **Time** - Games will consist of four (4) ten (10) minute periods (time kept by referee) with a pause for substitutions every ten (10) minutes.
- 1.02 **Halftime** - Halftime will be after the second (2nd) period and no longer than 5 minutes depending on teams' readiness.
- 1.03 **Players** - *Teams typically consist of no more than 14 players (exceptions apply due to registration). All teams are created based on registration details such as; 1.) age, 2.) number of seasons, and 3.) skill ability as assessed by the parent.*
- 1.04 **Players on the Field** - each team will play seven (7) players during a period (goalie, 3 defenders and 3 forwards). **NOTE:** The coaches should maintain a balance of players on the field during play and should attempt to encourage his/her players to not crowd the ball.
- 1.05 **Timeouts** - No timeouts, except for injury or other irregular, extended stoppage of play.
- 1.05 ***Coaches** - ONLY ONE coach is allowed on the field during play. They may not interfere with the ball or player when the ball is live and must remain 40 ft (1/3 field) away from the ball at all times.
- 1.06 ***Offside** - The offside rule will not be enforced, however should not be taken advantage of by placing a player in an offside position in order to gain a scoring advantage.
- 1.07 **Ball Sizes:** 4-5 coed will use a size 3 ball.
- 1.08 **Player Attire**- NO modifications to team shirt (jersey). Do not cut off sleeves or alter team uniform in any way.
- 1.09 **Player Attire (Shin Guards)** - Shin guards are required during play. Any player without shin guards will be removed from field of play. All shin guards must be covered by player socks at ALL TIMES. Exposed shin guards will also result in removal from game play.
- 1.10 **Player Attire (Coats/Jackets)** - Players are NOT allowed to wear a coat, jacket, or any type of clothing over the team jersey. If it's cold, have your child/players wear multiple layers underneath his/her jersey.

- 1.11 **Physical Play** – Soccer is a contact sport. As coaches, it is our duty to educate parents and ourselves how to manage such contact. Shouldering and minor pushing is part of the game and coaches as well as referees are encouraged to monitor a healthy level of physicality during play.

II. KICK-OFFS

- 2.01 **Start** - Games will begin with kickoff from center circle.
- 2.02 **Kick-off** - Opposing team must be outside the center circle until the ball is kicked. The team kicking off must touch the ball twice before the ball leaves the circle. The opposing team may charge the ball once it has been touched once.
- 2.03 **Goal** - After a goal is scored, the team scored on will kickoff.
- 2.04 **Kicker** - The kicker may not touch the ball again until another player has touched it.

III. FREE/PENALTY KICKS

- 3.01 **Direct Kick** - All free and penalty kicks will be direct.
- 3.02 **Direct Kick** - Direct kicks *may* result in a goal.
- 3.03 **Free Kick** - Free Kick occurs when either the ball has been touched by a player or when an action is considered by the referee to be careless, reckless or using excessive force including when a player (a) kicks, (b) trips, (c) jumps at, (d) charges, (e) strikes, (f) pushes, (g) high kick, (h) or holds another player.
- 3.04 **Free Kick** - Defenders must stay 5 yards away from the kicker for 4-5 and 6-7 yr olds and 7 yards away for older divisions (8-12).
- 3.05 **Penalty Kick** - Penalty kicks will occur in the event an offensive player is fouled in the penalty box or a defensive handball occurs.
- 3.06 **Penalty Kick** - All players must stay outside penalty box until the kicker kicks the ball.
- 3.07 **Penalty Kick** - Penalty kicks may be kicked by a player of coach's choice, but should generally be given to the fouled player unless safety or sportsmanship supersede.
- 3.08 **Penalty Kick** - The goalie for the defending team must have both feet on the goal line at the beginning of the penalty kick.

IV. OUT OF BOUNDS

- 4.01 Any ball that **completely** crosses over the boundaries of the playing field is out of bounds.
- 4.02 **Goal Kicks** - If a ball goes out of bounds over the end line and was last touched by the attacking team, the defending team may place it anywhere on the goal box and kick it back into play. Opposing team must stay outside of the penalty box until ball exits the penalty box. The kicking team may have other players in the box, but the ball cannot touch them before exiting the penalty box.

- 4.03 **Corner Kicks** – There will be no corner kicks for this age bracket. If a ball goes out of bounds over the goal line resulting in a corner kick, a player will perform a throw-in from the corner.
- 4.04 **Throw-Ins** - If a ball goes out of bounds on the sideline, the team that did not touch it last will gain possession and return the ball in play with an overhead throw-in. The ball must be touched by both hands, drawn back over the head and released by both hands simultaneously. Both feet must be on the ground at the time of release. A player may drag a foot, but cannot jump.
- 4.05 Goal kicks may be kicked by any player.
- 4.06 Goalkeeper must stay within the penalty box to use its hands.

V. SUBSTITUTIONS

- 5.01 All players will play at least half of each game unless fatigue becomes a factor or an official authorizes otherwise.
- 5.02 Substitutions will be made at 10-minute intervals unless otherwise specified by referee.
- 5.03 All substitution rules are subject to the individual players willingness to play (Encourage your players to play, but don't force them)
- 5.04 Substitutions may be made in the event of fatigue or injury upon any dead ball and with the official's consent.
- 5.05 No player will play more than one period more than any other player, unless rule 5.04 occurs.
- 5.06 Substitutions should be regulated to give all players equal time first on a game by game basis and secondly on an overall season basis. (e.g. 2 consecutive weeks Team X has only 13 players. The first week Timmy plays four periods. Timmy should NOT be the player to play 4 periods again until all other players have done so during the season.) Obviously, this is subject to player absences, but should be kept up with by the coach.

VI. FOULS

The following are all direct kick fouls further explained.

- 6.01 **Slide tackling** - No slide tackling aloud. Players are encouraged to stay on their feet. After the first occurrence, the referee will stop play and explain to the violation to the child (warning). If sliding persists, the referee has the right remove the player from the field while the coach further explains the violation. At this point, the team will play a man down.
- 6.02 **Handballs** - *opposing team is awarded a direct kick.*
(4-5 yr olds)- Unless the ball is deliberately touched or picked up by any player other than the goalie (unless goalie is outside of penalty box) a call will not be made. A direct kick will be given to the opposing team if a handball is called due to a player deliberately picking up/touching the ball.
- 6.03 **Goalkeeper obstruction** - a player cannot attempt to prevent the goalkeeper from putting the ball into play by standing directly in front of him.

- 6.04 Any conduct by a player deemed as unsportsmanlike by the referee will result in a direct kick and may result in a temporary expulsion of the player for the remainder of the period.
- 6.05 Any team that has a player temporarily suspended from play by a referee for dangerous play or unsportsmanlike conduct will play a man down until the player has served his penalty (As decided by the referee).
- 6.06 **Advantage** - The referee may decide not to stop play due to a foul if it would be to the advantage of the fouled team to not stop play. The team that was fouled should not be punished by having an attack stopped, conversely, the team which committed the foul should not gain an advantage as a result of the foul.

VII. GOALKEEPING

- 7.01 The designated goalkeeper is able to use his hands inside the penalty box only. Outside of the penalty box, he is regarded as a normal player.
- 7.02 Infractions of rules 7.03-7.05 will result in a warning for the 4-5 group and a free kick from outside the penalty box at the closest point of the beginning of the infraction.
- 7.03 A goalkeeper may not touch the ball with his hands after it is deliberately kicked to him by a teammate (It is okay to pick up an accidentally kicked ball or a pass from a teammate that isn't kicked but made using the head, chest, knee, etc.)
- 7.04 A goalkeeper may not touch a ball with his hands on a throw in from a teammate.
- 7.05 A goalkeeper may not intentionally handle the ball again after he has released it and it has not touched any other player.
- 7.06 **Punting (Dropkicking)** - punting (dropkicking) is illegal

VII. GENTLEMAN'S RULE

- 8.01 EVERY COACH, MAN OR WOMAN, IS EXPECTED TO HONOR THIS RULE WITH UTMOST AWARENESS AND SENSITIVITY.
Whenever a player on your team scores two (2) goals, immediately, without calling a timeout, reposition that player on the field to a defensive position and move a weaker player into the scoring position. No player should ever play 6 periods. Four (4) periods is an absolute maximum.

We hope that each of you see one another as approachable should a situation arise. If you need to resolve a matter, please pray and ask the Lord to search your heart and see if there is any offensive way in you before you begin (Psalm 139:23-24).