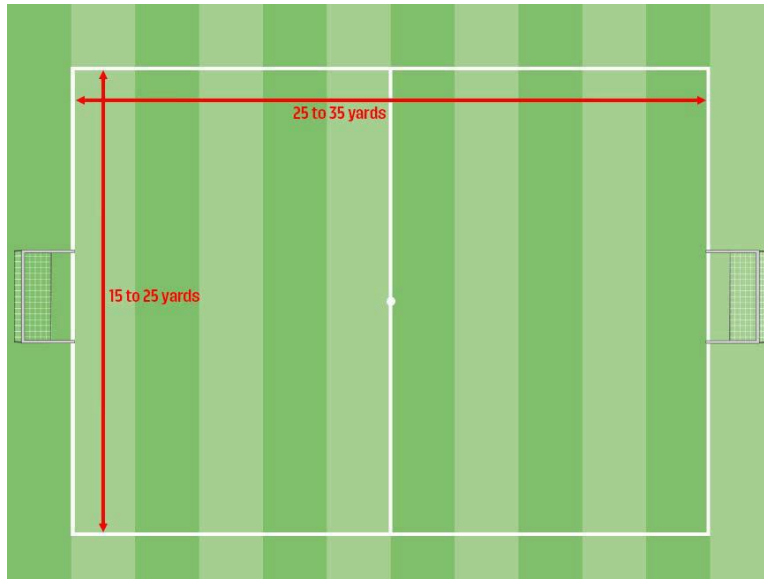




U6 (4v4) Rules and Regulations

Law 1 - 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 Areas:
 - a. Teams should be on the same side of the field, and at least three (3) 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
 - d. Parents MUST be on the opposite side of the field to the team/coaching areas

Law 2 - The Ball

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

Law 3 - Number of Players

1. One Coach per team is allowed on the field for this age group.
2. Players on the field at one time is FOUR (4).
3. The minimum number of players per team on the field to start or continue the game is THREE (3).

******Number of players may vary slightly each season depending on number of registered players***

Law 3 continued - Substitutions

1. At half-time or water breaks
2. When the referee has stopped play for an injured player



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3. If a player “needs it,” if he or she is in physical distress, overheating, etc.

Law 4 - 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. Jerseys – Both teams must wear different colors.
3. Players must wear shin guards covered by long socks. Shin guards cannot be worn over socks.
4. Soccer cleats are required for all players. No shoes with toe cleats – like baseball cleats. No metal cleats.

Law 5 -Referees

1. A Referee will be provided to help coaches
2. In the event that we have a shortage of referees, coaches will manage game

Law 7 - Length of Game

1. Game will consist of four, five (5) minute quarters with two (2) minutes quarter breaks.

Law 8 - Start/Restart of Play

1. Home team kicks ball first.
2. The game begins with a kickoff in the center circle, by the home team 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 and the ball is kicked.
3. 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.
4. 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.
5. 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, the award is a goal kick.

Law 9 - Ball In and Out of Play

1. The ball is out of play when it has entirely crossed the goal or touch line, either on the ground or in the air.
2. All balls out of play through the sidelines will be restarted with a throw in. Opposing players stand back from the ball 5 yards.
3. 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.

Law 10 – Determining the Outcome of Match

1. This age group does not keep score.



Law 11 - Offside

1. Offside offences will not be called in U8 games unless it is blatant “cherry picking”
2. The offside law will be applied for U10 but slightly modified according to the build out line (discussed at end of document). A player is in an offside position if he is nearer to his opponents’ goal line than both the ball and second last opponent at the time the ball is kicked by a teammate.
3. For any offside offense, the referee awards an indirect free kick to the opposing team at the site of the infringement.

Law 12 – Fouls and Misconduct

1. A foul can be called at this age group for the following reasons:
 - a. Player grabs or picks up ball with hands
 - b. Player kicks or trips another player on purpose
 - c. Referee may call a foul for other actions if they deem them unsafe or unfair

Law 13 - Free Kicks

1. Only direct free kicks are awarded in U6.
2. A direct free kick is a kick free from interference by the opposing team and from which a goal can be scored.
3. All opposing players must stand back 5 yards from the ball (in all directions.)
4. 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
5. The ball is in play only when it has been kicked

Law 15-The Throw In

1. 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 thrown in at the point where it crossed the line. All opposing players must stand back 5 yards from the ball (in all directions.)
2. The team who touched the ball last before it completely crosses the touch line loses possession and the ball is thrown in by the opposing team.
3. The thrower must
 - a. stand facing the field of play
 - b. feet on the ground outside the touchline
 - c. throw the ball with both hands from behind and over the head
4. At this age we encourage coaches to have player retake throw in (with guidance from coach) if it is done incorrectly in an effort to help players understand the proper way to throw-in

Law 16 - Goal Kick



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1. 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 along the goal line by the defending team.
2. All opposing players must be a least 5 yards from the ball.
3. The kicker cannot play the ball a second time until it has been touched or played by another player. If this happens the kick is retaken

Law 17 - Corner Kick

1. 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.
2. All opposing players must be at least 5 yards from the ball
3. The ball must travel its own circumference before it is considered in play. If it does not, retake the kick.
4. The kicker cannot play the ball a second time until it has been touched or played by another player. If this happens the kick is retaken.
5. A goal can be scored directly from a corner kick

Modifications

1. 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.**
2. 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.

Parental Responsibilities

1. Parents and spectators must sit opposite of team benches at least 3 yards away from the touch line. This gives players adequate room for throw ins and for referees to run along touch lines safely. Parents and spectators are not allowed to sit behind goal/goal lines or along the touch line where team benches are located.
2. Parents and other spectators must be respectful of the players, coaches and referees. They should cheer and encourage **ALL** players and should leave the coaching to the coach and the officiating to the referees.
 - a. Parents/Spectators are not to question/yell at/engage referees at any time. If you have a question about the Laws of the Game or how they are applied, we encourage you to ask your coach or contact the soccer director.
 - b. Teams and parents should not enter a field if another game is in progress.
 - c. No one should cross a field in use during a game.
 - d. 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.

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- e. Parents **MUST** be on the opposite side of the field from the Coaches/Team Area!

****In an effort to keep games on schedule, we ask that teams exit team areas as soon as possible after team handshakes. At this age group, parents are allowed to step on field after game to do a celebration tunnel, but it MUST be done quickly so that the next game begins on time.*