

4U General Rules of Play

Rule 1

3 v 3 play on the field, no goalkeeper. Coaches are permitted on field to guide their team. In no case shall the coach of one team infringe an opposing player.

Rule 2

Game ball for this age group is Size 3. The game ball shall be provided by the HOME team. No game report is required.

Rule 3

Games will consist of four 6-minute quarters with a 3-minute water break between quarters and a 5 minute half. Any request for shorter quarters must be agreed by both coaches and approved by referee.

Rule 4

Initial kick-off will be conducted by the VISITOR team and HOME team will choose sides. Kick-offs and sides thereafter will alternate every quarter. No coin toss.

Rule 5

Kick-ins are used from the touchline at this age group. Players are given a second chance at a kick-in if a mistake is made on the first attempt. On a second failed attempt the opposing team is awarded the kick-in.

Rule 6

No slide tackles are allowed in this age group. Opposing team will be awarded a free kick if a slide tackle occurs.

Rule 7

All fouls are restarted with indirect free kick. One player must touch the ball after the kick before scoring.

Rule 8

Encroachment of the goal by the defending team is prohibited. Defending player shall be at least 5 yards away from the goal unless the play directs them towards the goal.

Rule 9

Headers are prohibited in this age group. If a player heads a ball, opposing team will be awarded a free-kick.

Rule 10

Substitutions are made at any play stoppage by either team with the consent of the referee.

Rule 11

All players must wear team matching uniforms. Shin guards must be worn with socks completely covering shin guards.

Rule 12

In case of inclement weather, long pants or long sleeves may be worn under the uniform shirts. Knit hats and gloves may be worn. Players may NOT wear any type of jewelry.

Rule 13

Spectators must be at least 3 yards away from the pitch. Coaches will be ejected with a parent that violates code of civil conduct.