



4U & 6U Rules of the Game

Ball:

Size 3. Home team provides game ball.

Number of Players:

There are **3** players per team on the field.

No goalies.

Length of game:

The game shall consist of 4 quarters – (**4U**) **6** minutes each; (**6U**) **8** minutes each. There will be a 1-minute water break between quarters and a 5-minute break between quarters 2 & 3, or half-time. (Or make all breaks about 3 minutes if the weather is hot).

Equipment:

Shin guards are **MANDATORY**. Socks must be worn completely over the shin guards. Jerseys should be tucked in. Soccer cleats or tennis shoes should be worn. **No baseball or football** cleats are permitted. They have a **toe cleat** that soccer cleats do not have. **NO jewelry or metal** hair clips are permitted (yes this means earrings). Band-aids over earrings is **NOT** acceptable.

Field:

The field size is 15 x 25 yards with small goals. The goals are centered on the goal lines or end lines. The sidelines are often referred to as touch lines.

Sidelines:

All players, coaches and water bottles shall always remain at least 6 feet from the sidelines during the game. There is also a spectator area that spectators must stay within when watching the game. No spectators will be permitted along the goal lines, near the corners or behind the goals.

Substitution:

Since no official referee is present, substitutions are done on the fly in this age group.

Out of Bounds:

The ball is out of play when it **COMPLETELY** crossed the goal line or sideline – whether it is on the ground or in the air. Restart play with **NEW BALL** rule.

Referees/Coaches:

No referees are used in 4U/6U. One coach per team will be on the field with a couple of balls in-hand to enforce the **NEW BALL** rule and help direct their players to turn around if going towards their own goal.

Coaches must be **wearing** their **RMC** lanyard **visibly**. LSA Board Members will be checking for these on game days.

Only stop play with your whistle for the following things:

1. A goal is scored.
2. A player has fallen, and you may think he/she is injured.
3. A player intentionally pushes or trips another player (an obvious foul).
4. A player intentionally touches the ball with hands.
5. A significant behavior issue like hitting or a fight, etc.

Minor, unintentional pushing, bumping and jostling is normal – don't stop play.

NEW BALL rule (NO THROW-INS):

- A coach from each team will be on the field, each with two balls in hand (Please limit to **ONE** coach per team on the field).
- When the ball goes out of bounds, the coach nearest to the play will drop a ball in the field area near where it went out and **YELL** out "NEW BALL".
- Please do **NOT** roll the ball down the field as this could lead to an unfair advantage.
- It is a **DROP** (not a bounce) 1-2 feet off the ground. The ball does not need to be put down to a dead stop or called out who it goes to.
- Since you (Coach) will be on the field, please ensure you do not inadvertently get in the way or between an opposing player and your team's goal.

**Kick-off:**

Occurs to start the game and each quarter thereafter; alternating which team kicks off each quarter. Kick is taken from the center of the field and can move in any direction. The kicker may **NOT** touch the ball again until it has touched another player. If they do, the kick-off will be repeated. A goal **CANNOT** be scored directly from a kick-off. Defenders must remain 5 yards back until the ball is played. Players must be on their own side of the field during kick-offs, except for the player kicking off. Away team will have first kick-off and alternate every quarter.

Corner Kick:

There are no corner kicks in these divisions. We are using the NEW BALL rule.

Goal Kick (does not apply to 4U):

A goal kick is awarded for Goal Arc Rule violations (see Goal Arc Rule). The kick is taken anywhere on the goal arc. The kicker may **NOT** touch the ball again until it has touched another player first. If they do, the goal kick will be repeated. Defenders must be on their side of the field until the ball has been played. A goal **CANNOT** be scored directly from a goal kick.

Offside:

There are no offside calls in this age.

Direct Free Kick (does not apply to 4U):

The only direct free kick awarded in this division is a Penalty Kick. The Penalty Kick is awarded for a Goal Arc Rule violation. See Goal Arc Rule for details. All other violations are awarded an indirect free kick. Direct Kicks means that you can score directly from that kick without the need for another player to touch it.

Indirect Free Kick:

All dead ball situations, i.e. kick-off, goal kicks and fouls are considered indirect free kicks and a goal cannot be scored from them. Indirect Kick means that you **CANNOT** score from that kick unless another player touches it first. The only dead ball that you can score on is a Penalty Kick, which is considered a Direct Kick.

Fouls:

1. **DELIBERATE** hand ball. A ball hitting a hand is not always a hand ball.
2. Deliberate tripping.
3. Pushing with hands or holding shirt of an opponent.
4. Striking another player.
5. Spitting or making contact with an opponent without the ball.
6. Dangerous play (high kick)

Penalty Kick (does not apply to 4U):

Awarded for a Goal Arc violation by the defensive team. All players except the kicker must back up the midfield line. There are **NO** goalies for penalty kicks in this age group. Players cannot move until the ball is kicked. The penalty kick is taken from 7 yards in front of the goal, which is marked by the penalty spot. The kicker is not permitted to touch the ball a second time until another player has touched the ball.

Goal Arc Rule (does not apply to 4U):

Players cannot touch the ball inside the goal arc. A ball is considered inside the goal arc after it has **COMPLETELY** crossed the goal arc line. If any of the ball is still touching the goal arc it is considered fair. The ball can be passed through the arc, and a player can run through the arc, but both ball and player **CANNOT** touch inside the arc. A defensive player can also **NOT** just stand in the goal arc to impede/make a shot more difficult. Standing in the goal arc will be awarded a penalty kick even if the player did not touch the ball. Goal arc violations result in the following:

1. Defensive player touches the ball inside the goal arc → Opposing team awarded a penalty kick.
2. Offensive player touches the ball inside the goal arc → Goal kick is awarded to the defensive team.
3. Dead ball inside the goal arc → Goal kick awarded to the defensive team.

**Defensive Line:**

Discourage defender withdrawn from the game waiting in the back in front of the goal arc. This does nothing to develop this player. They do not learn to dribble the ball, which is the most fundamental skill needed to play the game. When they move up in age, the goal is much bigger, and it is harder to just stand there and cover an 18 – 24 ft wide goal. Imposed that all players must play in front of an imaginary line. The line should be traced halfway between the top of the goal arc and the midfield line (the defensive 1/3). Players can play in this deeper zone (defensive 1/3) only when actively playing the ball but cannot stay in that zone if the ball is away in the opposite side of the field.

Slide tackling:

No slide tackling is allowed at this age group. It will result in an indirect free kick awarded to the opposing team if it is done.

Playing time:

Each player must play at least 50% of the total playing time. This is a NTSSA rule for Recreational Soccer.

Sportmanship:

Coaches are responsible for the conduct of their assistant coaches, players, and parents/spectators, at all times. No coach, player or spectator shall yell at the referee, opposing coach, player, or fans. No coaches or fans shall run up and down the sidelines during the game. The coach shall ensure all players are ready and wearing the appropriate equipment. The coach, with the help from an assistant or bench parent, shall also ensure that all players not in the game are sitting down on the bench and **NOT** encroaching or running down the sideline or playing around. After the game is finished, players and coaches will line up and shake hands with the opposing team and referees.

The final score is never recorded, and no league standings are kept for this age group. The emphasis is on learning the game and having FUN, not wins and losses.