



# U4 & U5 PROGRAM

## (3V 3) SOCCER RULES

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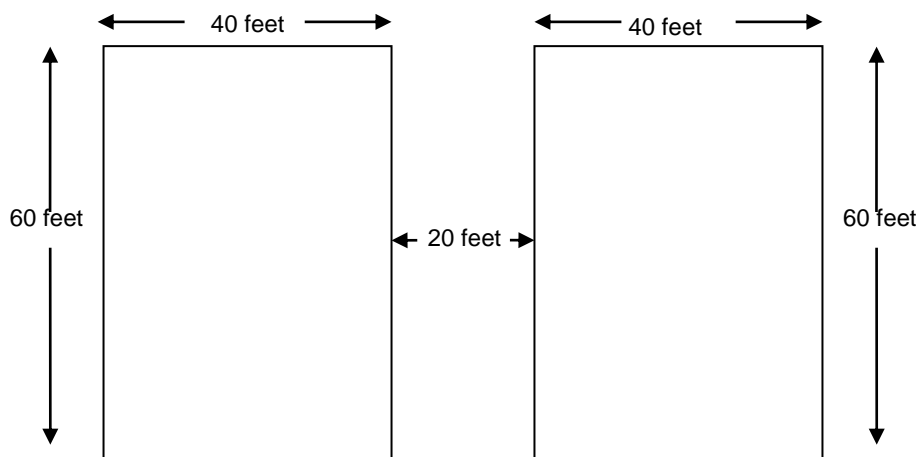
### LAW I – THE FIELD:

#### A. DIMENSIONS:

- The field should split into two mini fields, each mini field should be 60 feet long by 40 feet wide.
- The mini fields should be placed next to each other along their length, with a space of 20 feet left between the two.

#### B. MARKINGS:

- Distinctive lines are necessary, sidelines and end-lines.
- A halfway line can be marked out across the field or otherwise indicated.
- Other marks are possible but not necessary:
  - A center circle with a five yard radius
  - Four corner arcs with a two foot radius
  - A goal mouth measured around each goal.



### C. GOALS:

- The goal should be 5 feet wide and should be marked by flags or pylons.
- Where feasible, a portable net not exceeding 5 feet in width and 4 feet in height may be used.

### LAW II- THE BALL:

THE BALL SHOULD BE SIZE 3

### LAW III- NUMBER OF PLAYERS:

- Number of players on a mini field at any time will be 6, three from each team. With two fields in action at the same time, this allows for six players from each team to play, and maximizes touches on the ball for players of this age.
- The player nearest his or her team's own net may act as a "sweeper-keeper" and is allowed to pick up the ball with his or her hands when inside the goal mouth area. The goal mouth should be marked by clear lines or flat cones.
- Substitutions are allowed during any stoppage in play.
- Each player shall play a minimum of 50% of the total playing time, whenever possible.

### LAW IV – PLAYERS EQUIPMENT:

- Acceptable footwear for U5 includes sneakers or indoor soccer shoes. Pictures of acceptable footwear are below:



Regular sneakers



Indoor soccer shoes (two examples)



- SOCCER CLEATS ARE NOT ALLOWED AT THIS AGE GROUP.
  - i. Any shoe with permanent or removable studs, or multiple "blade" cleats, is considered unacceptable. Pictures of unacceptable footwear are below:



Studded cleats



Bladed cleats

- Jerseys should be worn during games, which will be supplied by Mill Woods Soccer.
  - In the event that two teams have the same or similar jersey colours, one team should wear pinnies for the duration of the game.
- Shin guards are mandatory & must be worn during all practices and games.
- Socks & shorts:
  - Socks that cover the entire shin guard must be worn over the shin guards.
  - Shorts must be worn, or pants if the weather is cold and/or rainy.
  - All players on a team should wear socks & shorts that are the same colour.
- RELIGIOUS APPAREL IS ALLOWED AS LONG AS IT DOES NOT POSE A DANGER TO THE PLAYER OR OTHERS AROUND THEM. (PLEASE USE COMMON SENSE AND CONTACT THE OFFICE IF YOU HAVE CONCERNS)
- IN THE CASE OF POOR WEATHER PLAYERS MAY WEAR ATTIRE TO KEEP THEM FROM THE ELEMENTS AS LONG AS IT DOES NOT POSE A HARM TO THEM OR TO OTHER PLAYERS (SWEATS, LONG SWEATSHIRT)

## **LAW V- REFEREE**

1 COACH FROM EACH TEAM WILL REFEREE/COACH THE TEAM FOR THE DURATION OF THE GAME. Their duties would include directing the players to proper movements and encouraging them.

**LAW VI – LINESMEN: NO LINESMEN AT THIS LEVEL** but parents should be near the sidelines to keep the ball close to the field of play.

## **LAW VII- DURATION OF GAME:**

- Teams begin with 25 minutes of fun skill development activities.
- Game time - 2 x 15-minute halves and a 5-minute break
- Each team will occupy one of the mini fields on the field of play for this purpose
- The actual game itself shall start at the end of the practice session..
- Snack time will be at the end of every game as opposed to ½ time as it has been done in the past.

## **LAW VIII – THE START OF PLAY/SIDE OF FIELD:**

- THE START OF PLAY WILL BEGIN WITH THE AWAY TEAM TO FIRST KICK OFF. THE SECOND HALF WILL BEGIN WITH THE HOME TEAM KICKING OFF.
- THE DEFENDING TEAM SHALL BE 7 FEET AWAY; OUTSIDE THE CENTER CIRCLE ON THEIR HALF.
- THE BALL CAN BE PLAYED FORWARD OR BACK AND CAN ONLY BE TOUCHED ONCE BY THE PLAYER PUTTING IT INTO PLAY. ONCE ANOTHER PLAYER TOUCHES THE BALL THEN IT IS FAIR GAME. IF THE SAME PLAYER TOUCHES IT TWICE FROM THE KICKOFF THE KICKOFF IS RETAKEN.

#### **LAW IX – BALL IN AND OUT OF PLAY:**

- ANY BALL PLAYED OUT OF BOUNDS, SHALL BE AWARDED TO THE OPPOSITE TEAM THAT TOUCHED THE BALL LAST. A kick-in will be awarded from the side line

#### **LAW X – METHOD OF SCORING:**

- Goals shall be scored from anywhere on the field, and must cross the goal line between the cones or flags.
- The goal being scored may not exceed 4 feet in height, if no nets are in place.

#### **LAW XI – OFF-SIDE: THERE WILL BE NO OFF-SIDES.**

#### **LAW XII – FOULS AND MISCONDUCT:**

- KICKS OR ATTEMPTS TO KICK AN OPPONENT
  - TRIPS OR ATTEMPTS TO TRIP AN OPPONENT
  - CHARGES AN OPPONENT
  - STRIKES OR ATTEMPTS TO STRIKE AN OPPONENT
  - HOLDS AN OPPONENT
  - PUSHES AN OPPONENT
  - HANDLES THE BALL DELIBERATELY
  - TACKLES AN OPPONENT BY MAKING CONTACT WITH THE OPPONENT
- A.** ALL FOULS WILL RESULT IN AN INDIRECT FREE KICK WITH THE OPPONENTS 10 FEET AWAY.
- B.** THE COACHES SHALL EXPLAIN ALL INFRACTIONS.
- C.** PLAYERS CONTINUALLY BEING AGGRESSIVE WILL BE SUBSTITUTED FOR ANOTHER PLAYER IN ORDER FOR THE COACH TO EXPLAIN THE CALL AND TO GIVE THE PLAYER TIME TO CALM DOWN OR THINK. THE PLAYER MAY RETURN AFTER THE CONVERSATION BUT IT IS RECOMMENDED THAT THEY HAVE A 5 MINUTE “TIME OUT”.

## **LAW XIII – FREE KICK:**

- A.** SHALL BE CLASSIFIED UNDER - **INDIRECT**
- B.** INDIRECT MEANS THAT THE BALL MUST TOUCH A SECOND PERSON PRIOR TO IT ENTERING THE NET AND COUNTING AS A GOAL. IN OTHER WORDS IF A FREE KICK IS AWARDED AND THE PLAYER KICKS THE BALL DIRECTLY INTO THE NET AND IT DOES NOT TOUCH A SECOND PERSON ON EITHER TEAM THEN THE GOAL DOES NOT COUNT AND WILL RESULT IN A GOAL KICK.
- C.** IF A FREE KICK IS AWARDED IN THE DEFENDING ZONE TO THE DEFENDING TEAM THE RETREAT LINE RULE COMES INTO EFFECT AND ALL PLAYERS MUST RETREAT TO THEIR HALF.

## **LAW XIV – PENALTY KICKS:**

- NO PENALTY KICKS AWARDED.

## **LAW XV – KICK-IN:**

- All throw-ins shall be replaced by kick-ins, which will be taken from the side line of the field, where the ball went out of play.
- A kick-in is considered an indirect free kick, with the opposing team at least 10 feet away from the ball.

## **LAW XVI - GOAL KICKS:**

- Goal kicks are to be taken when the ball goes out along the back line of the field.
- Goal kicks will be taken within 5 feet of the goal.
- The opposing team must be at least 10 feet away from the ball.

## **LAW XVII- CORNER KICK:**

- No corner kicks. The ball goes to the defender (see Law XVI).

## **LAW XVIII - Post-game cheer:**

At the end of the game, each team should gather together, give the other team three cheers, and then line up to shake hands/high five, etc. Each line should end with the coaches.