

FAIRFIELD SPORTS
SOCCER RULES: 4-5-Year-Old Division
[ADAPTED FROM “THE RULES OF SOCCER: SIMPLIFIED”]
July 31, 2020

INTRODUCTION

All players, coaches, and parents will adhere to the Fairfield Sports Association Soccer Code of Conduct.

1. THE FIELD OF PLAY.

- a. The field of play shall be 40 by 60 feet
 - The team is allowed to have one coach and one assistant coach.

2. THE BALL.

- a. A Size 3 ball shall be used.
- b. The ball must be properly inflated (~10 psi) and be firm to the touch.

3. PLAYERS.

- a. Roster permitting, each child will play at least two quarters; and no child shall sit out of the game for two consecutive quarters. Each child must sit out at least one quarter unless there are no substitutes. (There are four 8 minute quarters per game.)
- b. Substitutions are unlimited at any natural stoppage of play since, due to the age group, it is recognized that fatigue and other issues may necessitate substitutions.
- c. Only players on the team’s roster shall represent that team on the field. Under no circumstances will unregistered players be allowed to play in any games.
- d. There are no goalkeepers. Any player can be a “defender” in that he/she can block shots on goal, but only with his/her body and feet. The use of hands is not permitted. You cannot have a player hang back at the goal as a defender or “goalie”. All players must move up with the ball. This is done to promote scoring and overall enjoyment of the game while teaching the basics of dribbling, passing, and shooting.
- e. 4U teams will play 3 vs. 3. 5U Teams will play 4 vs 4.

4. PLAYERS' EQUIPMENT.

- a. Coaches are responsible for checking their players' equipment before each game.
- b. Shorts, socks, shirt, and shin guards are required. The league will provide team shirt, shorts and socks. Cleats are recommended but not required. Socks **MUST** be worn **OVER** the shin guards. This is for the protection of all players.
- c. Players are not allowed to wear items that could cause harm to themselves or other players. (e.g., rings, necklaces, bracelets, earrings, hair clips...etc.) Earrings may, by exception, be taped up where there is no danger of any part sticking out and/or penetrating the tape.
- d. Long hair must be tied up and back with a safe, elastic-type band.

5. COACHES AS REFEREES.

- a. Every coach is responsible for learning and adhering to these rules.
- b. Coaches for each team will act as referees during games.
- c. Coaches are expected to learn the rules and enforce them in a positive manner.
- d. Coaches may act as linesmen or they may designate a linesman from the parents or fans of each team.
- e. No timeouts are allowed during the game.
- f. Coaches will be the timekeepers.
- g. Coaches may stop the game if he or she feels a player has been seriously injured and resume play once the player has been removed from the field and has been adequately tended to.
- h. Each coach will pay all due respect to the calls of opposing coaches, including goals scored. Arguing calls is strongly discouraged.
- i. Coaches are allowed on the field of play as follows: One coach allowed on the field of play from each team. An additional coach may be placed behind the goal their team is defending.
- j. Parents and fans will not be allowed near the goal area but should observe the games from the sidelines only.

6. DURATION OF THE GAME.

- a. The games shall be divided into 4 equal quarters of 8 minutes each.
- b. Substitutions may be made any time the ball is not in play or a player has been injured.
- c. Quarter breaks will be 2 minutes in length.
- d. Half time will be 5 minutes in length.

- f. All games shall stop 50 minutes after the scheduled start time.
- g. No overtime play is allowed. Tied scores will remain tied.

7. START AND RESTART OF PLAY.

- a. Kick-off. A kick-off is taken at the center mark to start a game, to restart play after a goal is scored, and to start each quarter.
 - The designated home team must kick-off to start a game.
 - The designated visiting team will choose which goal it will attack in the first half. Teams will switch ends of the field at the beginning of the second half.
 - The team scored against kicks off after a goal is scored.
 - Teams will alternate kick-offs after the quarter breaks.
 - During kick-offs, all players must be in their own halves of the field and defenders must be outside the center circle.
 - The player kicking off may not play the ball again until it touches another player of either team.
 - The ball is in play when it is kicked and moves either forward or backward.**
Goals may not be scored directly from a kick-off in the 4 and 5 year old divisions.
- b. Dropped Ball.

Few fouls should be called during the game. If a serious foul does occur, such as intentional tripping, the offending player should be gently instructed as to the proper manner of play. The ball will then be dropped at the point of the foul, all players initially two yards away. When the ball hits the ground, play may resume. If a foul occurs in or near the goal area, the ball will be dropped no closer than 3 yards from the goal area.

8. BALL IN AND OUT OF PLAY.

The ball is out of play when all of the ball is completely outside the outside edge of the touch line or goal line.

9. METHOD OF SCORING.

- a. A goal is scored when the entire ball goes completely over the outside edge of the goal line, under the crossbar and between the goalposts, while the ball is legally in play.
- b. Any player on a team may score goals.
- c. A ball played by a player directly into his or her own goal is a score for the opposing team.
- d. A goal may not be scored directly from a kick-off without touching another player before it enters the goal.

- e. A goal may not be scored directly from a kick-in without touching another player before it enters the goal.
- f. For this league no official scoring will be kept and the adults (parents and coaches) should also refrain from keeping score, as the purpose is to enjoy and learn the basics of soccer.

10. OFFSIDES.

There shall be no off-sides called.

11. KICK-IN.

- a. A kick-in is taken to restart the game after the ball goes out of play past the touch line. It is taken where the ball crossed the line.
- b. To go out of play, the entire ball must completely cross the outside edge of the touch line, either on the ground or in the air.
- c. A player may not score a goal directly from a kick-in.
- d. Opponents must be 3 yards away from the kick-in spot.
- e. A coach may not physically line-up a player to ensure the kick-in goes a particular direction.
- f. The ball must completely re-enter the field of play for it to be a legal kick-in. If the ball does not completely re-enter the field of play on a kick-in, the team in possession has unlimited opportunities to make a legal restart.

12. CORNER KICK.

- a. A corner kick is taken by any attacking player to restart the game after the ball goes out of play past the goal line (unless it is a valid goal) when the ball last touched a defending player.
- b. To go out of play, all of the ball must completely cross the outside edge of the goal line, either on the ground or in the air.
- c. The ball is placed in the corner arc nearest to where the ball went out of play.
- d. Opponents must be at least 5 yards away from the ball when it is kicked.
- e. A goal may be scored directly from a corner kick.
- f. The ball is in play once it is kicked.

13. HEADING THE BALL & SLIDE TACKLE

a. Heading the Ball

Heading the ball is not permitted for this age group during games and practices, due to the injuries it can cause. If a player hits a ball during the game, it will be a foul and a free kick will be given to the opposing team.

b. Slide Tackle

Slide tackles are not permitted for this age group during games and practices, due to the injuries it can cause. If a player hits a ball during the game, it will be a foul and a free kick will be given to the opposing team.

14. TEAM ACTIVITIES.

- a. Each team is limited to three (3) team activities per week.
- b. A team activity is defined as a team practice or a team game.
- c. Any team officially scheduled for more than one game in a week may increase that week's team activities to four (4).