**U4 Soccer – Rules and Regulations**

**Objective**: To get children moving and keep them active while introducing them to the game of soccer in a fun and non-competitive environment.

**Field**: The size of the field will be 15 x 30 yards (about 1/4 of the large field).

**Session**:

20 minutes: warm up/practice

5 minutes: water break

20 minutes: scrimmage

**Scrimmage:**

* 4 on 4 soccer, or more/less depending on attendance. Keep it safe, give the kids a break, and agree with the other coach.
* No goalies.
* A coach from each team will run with the play to guide players and keep the ball in bounds. Another coach will keep time and call for substitutions.
* Players will be substituted every 3 minutes.
* Kick offs will occur at centre field at the start of the game and line changes. When a goal is scored, the scoring team must back up to centre field and allow the other team to carry it back out.
* No corner kicks, throw ins or goal kicks when the ball goes out of bounds.
* All players play equal time.
* NO score will be kept.
* Rules at this age group are to be applied VERY loosely. Kids are encouraged to learn to run and kick the ball. If rule infractions occur, play is to continue and players can be educated to the rule (ie. hand ball.) Latitude should be given for boundary infringements and coaches can guide the ball back in play.

**Equipment:**

* Shin guards are **mandatory** for all players on the field.
* Rubber cleats are optional.
* Players are not to wear any jewelry (watch, rings, necklace, earrings etc) which can injure others or themselves.

**General:**

* All players must be supervised at all times by a parent / guardian.
* Our primary goal is to have fun and develop basic soccer and team skills. Overzealous, aggressive and otherwise obnoxious behavior is not welcome.