

U4 League (4-5 years old)

Game Play

- 5 kids on the field at a time
 - 3 strikers, 2 defender
 - No goalie
- 1 coach on the field
- 5 minute quarters
 - 30 seconds between quarters
 - 5 minute half time
 - Kick off from mid-field and rotate possession between quarters
- If a player contacts the ball with his or her hands, the ball is dead and a free kick at the spot for the opposing team.
- No tripping or pushing will be allowed. Player and coach will be warned (discussed as to reason).
- No contact
- Teams/Coaches sit on one side of the field. Parents sit on the opposite side. No sitting on end lines.
- Size 3 ball

SIDELINES

When the ball goes out of bounds along the sidelines, the team that did not touch the ball last will inbound the ball.

Inbounding the ball is done by having a player throw the ball into play from the point where it went out of bounds.

The inbounding player must use both hands to throw the ball into play from over his/her head. The player's feet cannot cross the out of bounds line as they throw the ball.

GOAL LINES

When the ball goes out of bounds along the goal line it is handled differently than along the sidelines. How the ball is put back into play depends on which team touched it last.

Corner Kick

If the ball goes out from possession of the team defending the goal, the team on offense will receive a corner kick. A player sets the ball along, or behind, the arc drawn at the corner of the field and puts the ball into play by kicking it.

Goal Kick

If the ball goes out from possession of the team attacking the goal, the team on defense will receive a goal kick. A player (usually the goalie) will put the ball back into play by setting the ball along, or behind, the goal box line and kicking it into play.

In bounding the ball, Corner kicks, and Goal kicks are given with enough room for the player to safely execute. Opponents must remain at least 4 yards from the ball until it is play.

Please note that time does not stop in soccer for out of bounds. The clock runs continuously with only a quick break at the quarters to allow for a change of players. Coaches, please bring a watch with you to games to keep time.

Fouls and Misconduct

Headers are prohibited in 4U and result in a free kick.

For safety of the players, any player doing this two times in a game will be removed from the game.

Coaches should regulate and monitor physical contact and correct their own players.
Players should try and avoid physical contact.

Nets

Home team coach will set the nets up before the game.

Visitor team coach will take down the nets and put them in the assigned bin in the trailer.