



## **Soccer Rules** **4/5 Year Olds**

### **Field Dimensions & Officiating**

1. The field is 90 feet x 60 feet. The goals are 6 feet wide and 4 feet tall.
2. The coach referees or appoints his assistant or a parent.

### **Length of Match & Substitutions**

1. Substitutions generally are made at the end of a period. Periods are five minutes in length. There are 3 periods in a half and 6 periods in a match. You may sub mid-period if needed.
2. Time is kept in conjunction with the 6/7 year old league. A central timekeeper will be present with a whistle/air horn to inform everyone when play begins/ends each period.
3. Every player is to play at least half the match.
4. Play will be 5v5, With NO goalie (5 players in the field).

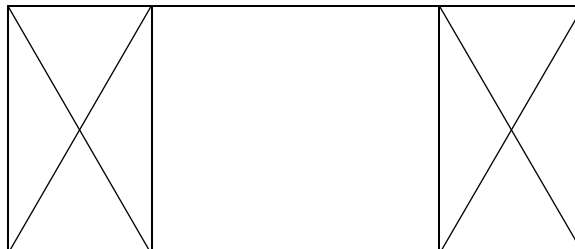
### **Scoring Goals**

1. Goals can be scored from anywhere while the ball is in play.
2. No goals can be scored directly from a goal kick, a throw-in, or an indirect free kick. There are no penalty kicks.

### **Fouls & Restarts**

1. If a foul throw is committed, the coach explains the correct method and lets the offender retake the throw.
2. All infringements; tripping, handling, pushing, etc. are punishable by an indirect free kick. The ball is placed at the spot of the foul. An indirect kick means the ball must be touched by two different players before a goal can be scored.
3. When the ball goes out of play, the game is re-started by one of the following ways:
  - a. Over the sidelines, with a throw-in.
  - b. Over the goal line:
    - i. With a goal kick if attacking team last touched the ball.
    - ii. With a corner kick if defending team last touched the ball.
    - iii. The goal kick is taken from anywhere in the goal zone.

"Goal Zones"



- iv. The corner kick is taken from where the goal line and sideline meet.



- c. After a goal is scored, restart the game in the middle of the field. The team that scored must be in their own goal zone. (On a kick off the ball must be played forward one ball rotation.)
4. All opposing players must be at least five yards from the ball on free kicks, corner kicks, and goal kicks.

### **Devotions**

The home team is responsible each game for the halftime devotion. The home team is listed first on <https://www.quickscores.com/verticalsports>. If you desire you may pull both the 4/5 and 6/7 teams together into one group and speak to everyone.

- The conduct of all coaches, players, and fans should be handled in a Christ-like manner. Any Vertical Sports staff member has the ability to remove any fan, player, or coach from the facility for not adhering to these rules.