



## 5U (4V4) GAME RULES

### 1. GAME SET-UP

GAME DURATION: 4 X 8-MINUTE QUARTERS WITH 2 MINUTES BETWEEN QUARTERS AND A 5-MINUTE HALFTIME

BALL SIZE: 3

NUMBER OF PLAYERS: 4V4 WITH NO GOALKEEPER

### 2. PLAYER EQUIPMENT

ALL PLAYERS, INCLUDING THE GOALKEEPER, MUST WEAR SHIN GUARDS DURING PRACTICES AND GAMES

HARD CASTS ARE NOT ALLOWED

JEWELRY IS NOT PERMITTED

HATS ARE NOT ALLOWED ON PLAYERS OTHER THAN THE GOALKEEPER UNLESS THEY ARE WORN FOR MEDICAL OR RELIGIOUS REASONS

### 3. SUBSTITUTIONS

FREE SUBSTITUTIONS. COACHES ARE NOT REQUIRED TO WAIT FOR A BREAK IN PLAY

### 4. PLAYING TIME

EACH PLAYER IS REQUIRED TO PLAY A MINIMUM OF HALF OF EACH GAME

NO PLAYER MAY PLAY GOALKEEPER FOR MORE THAN ONE HALF OF THE GAME

### 5. COACHING FROM ENDLINES

ONE COACH PER TEAM ARE ALLOWED ON THE FIELD. THE PLAYER MAY NOT PHYSICALLY MOVE ANY PLAYERS ON THE FIELD

PARENTS AND SPECTATORS MUST SIT ACROSS THE FIELD FROM THE PLAYERS AND COACHES

### 6. INJURY

PLAY WILL STOP IMMEDIATELY IN THE EVENT OF A SERIOUS INJURY

### 7. RULES OF THE GAME

NO REFEREES AT THIS AGE GROUP, COACHES WILL REFEREE THEIR OWN GAMES

NO SLIDE TACKLING ALLOWED

NO OFFSIDE RULE

ALL FREE KICKS ARE DIRECT KICKS. OPPONENTS MUST BE 5 YARDS AWAY FROM BALL

GOAL KICKS TAKEN NEAR THE END LINE NEXT TO THE GOAL. ALL OPPONENTS 5 YARDS AWAY

PLAYERS ARE GIVEN UNLIMITED THROW-IN ATTEMPTS UNTIL THEY SUCCEED, OR THE COACH SELECTS ANOTHER THROWER

### 8. HEADING

NO HEADING ALLOWED IN THIS AGE GROUP. PLAYERS ARE NOT ALLOWED TO HEAD THE BALL IN PRACTICE OR DURING GAMES