Wilmot District Soccer
U4 Rules

Rule 1: PLAYERS
• The maximum number of players on the field at any one time is 4v4 (plus a goalie).
  • If a team is short handed, coaches are encouraged to share players to ensure a game can be played.
  • Each player should participate on an equal time basis.
  • SHIN GUARDS ARE MANDATORY FOR ALL MINI SOCCER AGES!

Rule 2: THE BALL
• U4 use ball size 3

Rule 3: PLAYING AREA (FIELD)
• Games are played on a mini field

Rule 4: DURATION OF GAME
• 20 minute warm-up/practice
  • 5 minute break
  • 15 minute first half
  • 5 minute break
  • 15 minute second half

Rule 5: START AND RESTART OF PLAY
• Kick off is taken at the center of the playing field to start each half and after each goal has been scored.
  • Opponents must be on their own half of the field outside the centre spot.
  • The commencement of the second half is to be initiated by the team who did not start the first half.

Rule 6: SUBSTITUTIONS
• Substitutions may be made on the fly or during any stoppage of play.
  • Shifts should be approximately 3 minutes, however the game is not to be stopped just for a shift change.

Rule 7: OFFSIDE
• No offside rules to apply; however, players shall not be coached or encouraged to deliberately play offside. (“Cherry Picking”)

Rule 8: THROW INS
• There are no ‘throw ins’. Play is encouraged to continue, even if the ball is outside the field boundary – simply motivate the players to bring it into the field.
  • If the players continue outside the field boundary and are not bringing the ball back in, have the opposing team (that didn’t kick it out) kick it in from a relevant point on the sideline; as a means to straighten out, yet continue, the play that was already underway.

Rule 9: REFEREES
• There are no referees in the mini age group.

Rule 10: COACHES
• Coaches may be on the field with their players to encourage fair play and basic game fundamentals.
  • Players, especially first time players, will be looking for guidance and look for a familiar face.

Rule 11:
All players and coaches should exchange handshakes at end of game.

Revised March 2015