



# 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.