

Appendix 2

Age Group Playing Rules

Playing Rules: Under 4 to Under 5 (5 v 5)

1. **The Field** – (see field diagram below)
2. **The Ball** – Size 3.
3. **The Players** – 5 to a side with no goalkeeper.
4. **Coaches & Fans** – See General Rules section.
5. **Players Equipment** – See General Rules section.
6. **Referee** -
 - a) EACH TEAM shall provide a co-official for the match.
A co-official performs both the duties of coach and referee. He/she may be the team coach, assistant coach or a parent.
 - b) The co-official shall:
 - 1) LOOK to the SAFETY of the players.
 - 2) ALLOW THE TEAMS TO PLAY, keeping coaching to a minimum.
 - 3) INSTRUCT, but don't criticize.
 - 4) DEMONSTRATE SPORTSMANSHIP by example.
 - 5) Use a whistle to CONTROL play and ensure the safety of players.
 - 6) Seek to GET ALL PLAYERS INVOLVED and participating.
 - 7) PRAISE and ENCOURAGE good play.
7. **Assistant Referees** – none.
8. **Duration of the Game**
 - a) The game shall consist of 4 quarters at 6 minutes each.
 - b) After 6 minutes, a co-official shall stop play at a normal dead ball (throw-in, free kick, corner kick, and kick-off) for the quarter-break and allow substitution.
 - c) The substitution break should not exceed 2 minutes.
 - d) The half-time break should not exceed 5 minutes.
 - e) Time shall not be stopped except for serious injury.
9. **Substitutions**
 - a) Substitutions shall be made between quarters or at half time.
 - b) An injured player can be substituted at any time.
10. **Start of Play – Kick-off** - See General Rules section.
 - a) The 2nd & 4th quarters shall begin with a restart with a kick-off by the same team that had possession at the quarter stoppage.
 - b) At the start of the second half (3rd quarter) the teams shall switch ends and the team which did not kick off initially will do so now.
11. **Method of Scoring** – See General Rules section.
An official score is not kept. No team shall be declared a winner.
12. **Ball In and Out of Play** – See General Rules section.
13. **Throw-in**
In the event the initial attempt is taken improperly, a second attempt shall be given:
 - a. The co-official shall instruct prior to the second attempt.
 - b. If the second throw-in is performed improperly – **Play on** (work on technique at practice).
14. **Fouls and Misconduct** - (See "The TEN Major Fouls" section.)
 - a) **Sliding tackles** are NOT permitted, even if properly executed, and are penalized as dangerous play.
 - b) Co-officials should EXPLAIN the infraction to the player(s).
15. **Free Kick Play** – See General Rules section.
ALL free kicks are considered **DIRECT**.

- 16. Penalty Kick** –Penalty kicks are not taken.
If a foul is committed inside the goal box, a direct kick is awarded and the ball is placed at the edge of the goal box for the kick.
- 17. Goal Kick** – See General Rules section.
- 18. Corner Kick** – See General Rules section.
- 19. Common Requirements for KICK-OFFS, CORNER KICKS, GOAL KICKS and FREE KICKS** – See General Rules section.
 - a) Opponents may not be within **4 yards** of the ball until it is put in play.
- 20. Drop ball** – See General Rules section.
- 21- Offside** – none, but no player shall be allowed to “camp out” in an opponents goal area when the ball is in the other half of the field.