

David Douglas Soccer Club

U7 Micro 4v4 Rules

Length of Game: 2 20-minute periods with a quick, four-minute break between halves.

Field Dimensions: 28 yards wide x 40 yards long

Player equipment: ALL players must wear Team Uniform consisting of jersey, shin guards, socks over/covering shin guards, black shorts and soccer cleats. All players should bring water to drink.

Ball size: Size 3

Goalies: No goalie.

Goal size: Mini Goals.

Players on field: 4 v 4

Coaches will be on one side of the field, Parents/other spectators will be on the other side of the field.

This has become a youth soccer standard across the country for several reasons. First, players need to be able to distinguish instruction from the coach or coaches and noise from the parents, who are not supposed to be coaching. Also, keeping parents and other spectators away from the team allows both the referees and coaches to do their jobs better, focusing on the game and the players on field rather than dealing with potential parent/player distractions.

Coaches are encouraged to coach on the field with their players. Only one coach on the field from each team at a time please.

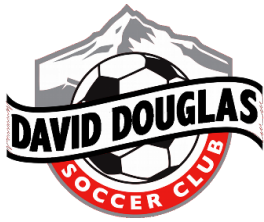
Coaches should share referee responsibility if needed. Allow the players to "call it" when appropriate.

Teaching Moments: They happen during the game. Coordinate with the opposing coach on throw-ins for example. If coaches agree, teams may set up prior to the throw in, make sure everyone's paying attention and in position- OR - if mutually acceptable, take a "snooze you lose" approach. The first method teaches strategic elements of the game. The second approach teaches quick thinking and taking advantage of the opponent's distraction and teaches our players to stay alert. Choose an approach mutually acceptable by both coaches and one that will benefit the players the most.

Coaches should meet ahead of the game and discuss rules, player abilities and encourage coordinated substitutions. Try to match size and ability.

Jewelry: The United States Soccer Association prohibits wearing any jewelry, including earrings and necklaces, when playing soccer. Jewelry creates a danger to both the wearer and





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other players. For example, there have been occurrences of an earring getting caught on the sleeve of another player resulting in the ear being torn as the earring is ripped from the ear.

Clothing: No coats, jackets, zippered sweatshirts, hoods, etc. Players should be in uniform when playing. Players should layer when it is cold and wear their jersey on the outside of their clothing. Stocking caps, skull caps are acceptable. No ball caps or hoodies please because the player's vision is impaired.

Substitutions: Unlimited, on-the fly substitutions. The player leaving the field must be off of the playing area before the new player steps onto the field. **Tip:** Restless bench? Cold weather? Deputize a parent to serve as bench manager/assistant. You can also shorten the substitution rotation. A 2-3 minute rotation cycle adds excitement and keeps kids warm and engaged.

NO OFFSIDES (except on Goal Kicks) and NO SLIDE TACKLING IN 4 V 4 SOCCER

FIVE YARD RULE: In all dead ball situations, defending players must stand at least five yards away from the ball. If the defensive player's goal area is closer than five yards, the ball shall be placed five yards from the goal area in line with the place of the penalty.

DEAD BALL SITUATIONS (Kick): Slide Tackle is an easy call. Tripping is somewhat subjective during the "scrum." Hand Ball includes any portion of the arm. Sportsmanship note: After a whistled dead ball, if your player retrieves the ball, instruct them to HAND the ball to the coach or referee in charge of officiating. Please no throws at other players or coaches.

INDIRECT KICKS: All dead ball kicks (goal kicks, free kicks, kick-offs) are INDIRECT with exception of corner kicks.

GOAL KICKS: Opposing team kicks ball past goal line. Defending team is awarded a goal kick. Opposing team must be across the midfield line on their side of the field. Place ball on the arc. Player kicks from inside arc. (Alternate: Place ball on side of arc line. This gives our smaller players more room to run up and kick.)

CORNER KICKS: IMPORTANT - ALL players on both teams must be OUT of the Goal Arc. This is a safety issue to avoid "scrum" in the goal box and injury from the goal particularly with taller players. It also encourages strategic play.

KICK-OFF: Indirect. The ball must touch another player (from either team) before a goal can be scored. If the ball goes into the facing goal on kick-off without touching another player a goal kick is awarded. **SAFETY:** Players should alert teammates and the other team if they intend to kick forward.

SPORTSMANSHIP: Players, coaches and spectators are expected to act in the nature of good sportsmanship at all times. For players this means supporting teammates and showing respect to opponents, coaches and referees. Encourage your players to be good citizens.

Let's all have FUN and make this a great season for every player and family!

