



4 – 5 YEAR OLD SOCCER RULES

Ball Size: Size Three (3)

Field Size: Approximately 15 yards x 30 yards

Goal Size: 4' Height x 6' Wide

Number of Players:

- The maximum number of players on the field per team at any one time is six (6). The game is played 6 v 6 with NO goalkeeper. Absolutely NO GOAL KEEPING is allowed. All six players need to be actively running to try to score a goal.
- The maximum number of players on a roster should not exceed twelve (12).
- Substitutions are unlimited and allowed during any dead-ball situation and for injuries.
- Playing Time: Each player shall play a minimum of 50% of the total playing time.
- All players not playing in the game must be three yards behind the touch lines.
- Players should remain in one area so they can be seen and be given equal playing time.
- One coach from each team will be allowed on the playing field to instruct players. Parents may remove their child from the field to provide direction but are not allowed to be in the field of play during the duration of the game.
- No Forfeits. Teams may play with lesser players if necessary depending on smallest team size.

Required Equipment:

- An NYS administered or approved jersey must be worn during the game.
- Jerseys should be tucked in to shorts.
- No hats, jewelry, or metal spiked cleats are allowed.
- All players are required to wear shin guards.

The Referee:

- NYS will provide one official for each game.

Duration of the Game:

- Each game will consist of four, eight-minute quarters.
- There will be a 2 minute break between the first and second quarter and the third and fourth quarter. Halftime will be 3 minutes long.

The Start of Play:

- Play should be started with a kick-off at the center mark of the field.
- Encourage the opposing team to stand 3-5 yards from the ball at each re-start.
- The team listed first on the schedule (50 v 51) will start the game with the ball.
- Teams shall rotate kick-offs each quarter.

Ball In and Out of Play:

- Players must throw-in the ball after any out of bounds as best as possible based on the age group.

Free Kicks:

The referee, according to the infraction, will award direct and indirect free kicks.

Offside:

The offside rule is not applicable to this age group.

Slide Tackling and Heading are NEVER allowed!