

4 YR. OLD AND MICRO RULES

At this age level, there is no offside and NO GOALIE. ONLY 1 COACH ALLOWED ON THE FIELD PER TEAM, NO EXCEPTIONS!

Aggressive behavior of parents will result in the parents being asked to leave the fields.

1. All kicks (including kick off, goal kick, corner kick, free kicks) are indirect kicks (this means that if it goes in the goal without another person touching the ball, it does NOT count as a goal)

2. All fouls will result in an indirect free kick (handballs, pushing, sliding) (if sliding continues, please substitute player and explain how serious sliding is, for his/her safety and the safety of others) **SLIDING IS STRICTLY PROHIBITED! A good rule of thumb, have players stay on their feet at all times.**

3. If the ball goes out of bounds, the following rules apply:

- If the ball goes out on the touchlines, a **THROW IN** (overhead throw with both feet on the ground) is used (no kick ins)**
- During throw-ins, opposing players must stand at least 2 yards away from the person performing the throw-in**
- If the ball goes out on the goal end and the offense makes it go out, it is a goal kick (indirect).**
- If the ball goes out on the goal end and the defense makes it go out, it is a corner kick (indirect).**
- During goal kicks and corner kicks, the opposing players must stand at least 3 yards away from the person performing the kicks.**

4. The game consists of four 8 minute quarters, with a 5 minute halftime.

The most important rule: Have fun!