



## 4 – 5 YEAR OLD SOCCER RULES

**Ball Size:** Size Three (3)

**Field Size:** 20 yards x 40 yards

**Goal Size:** 4 to 6' Height x 8' Wide

### Number of Players:

- The maximum number of players on the field per team at any one time is five (5).
- The game is played 4 v. 4, with a goalkeeper.
- The maximum number of players on roster should not exceed ten (10).
- 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 five 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.
- 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 must 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, ten-minute quarters.
- 3 minutes break between each quarter.

### 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 as the home team 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.

### 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 is NEVER allowed!**