



**NATIONAL YOUTH SPORTS
4-5 YR OLD SOCCER RULES
FALL 2019, WINTER 2020, SPRING 2020**

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), unless approved by head coach.
 - 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.
- ❖ For teams with playoffs incorporated, IF a team begins the match with less than required number of players, the score will be reported as a loss for the team with less players, but the match will be played as a scrimmage (with teams sharing players, if needed). Teams without playoffs incorporated, will share players to complete the scheduled match.

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.

Game-day

- NYS will provide one official for each game.
- Each game will consist of four, eight-minute quarters.
- 2 minutes break between each quarter.
- There will be a 2-minute halftime between the second and third quarters.

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 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.
- Any ball crossing the goal line will result in a goal kick for the defending team or a corner kick for the attacking team.

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!