



4U Rec Soccer Rules

Ball Size: Size Three (3)

Field Size: Approximately 30 yards x 15 yards

Goal Size: Approximately 4' Height x 6' Wide

Rosters:

- The game is played 5 v 5 with NO goalkeeper. Absolutely **NO GOAL KEEPING** is allowed. All five players need to be actively running to try to score a goal.
- The maximum number of players on a roster should not exceed ten (10).
- 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.
- No Forfeits. Teams may play with lesser players if necessary, depending on the smallest team size.

Equipment and Uniforms:

- Shin guards worn under the socks are mandatory.
- An NYS-administered or approved jersey must be worn during the game. All players must be wearing matching jerseys.
- Teams utilizing **NYS jerseys** must follow the following:
 - Home team wears **blue**, away team wears **white**.
- Jerseys should be tucked into shorts.
- Soccer cleats are recommended but not required.
- Baseball, football, track, or golf shoes are not allowed.
- No jewelry of any type is allowed. Newly pierced ears may be covered with tape or bandage.

Referees/Officials:

- NYS will provide one official for each game.
- All Coaches and spectators, who are watching a game, are prohibited from commenting or questioning a call of the Referee officiating the game. A disruption of this nature may result in disciplinary action upon review by the League Director.
- **FOR COMMENTS ON HOW A REFEREE IS OFFICIATING, TAKE YOUR ISSUES TO THE LEAGUE DIRECTOR.**

Game Duration:

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

Start of Play:

- Play starts with a kick-off at the center mark of the field.
- The opposing team must stand 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.

Substitutions:

- Substitutions are unlimited and may be made at any time but should be made during a stoppage in play.

Kick-Ins:

- A Kick-in will be awarded when the ball completely crosses the sideline.

Goal Kick:

- A goal kick is awarded when the offense kicks the ball over the opponents' goal line. The ball is put back into play by the defending team, taken from a point anywhere within the goal box area.
- The opposing team must remain ten (10) yards from the goal box until the ball is kicked.

Corner Kick:

- A corner kick is awarded when the defense kicks the ball over their goal line. The offensive team restarts play with a corner kick from within the corner arc on the side from which the ball went out of play.
- Defensive players must stand five (5) yards away from the ball until the ball is touched and travels in a forward motion.

Slide Tackling and Heading:

- Slide Tackling and Heading are **NEVER** allowed!

Scores and Standings:

- This is intended to be an instructional program, not a competitive league. Scores and standings will not be kept.

Coaches and Spectator Conduct/Responsibilities

- Family members, parents, and spectators are required to observe the contest from designated areas.
- Participants, coaches, parents, and family members must conduct themselves appropriately during gameplay.

- Participants, coaches, parents, and family members will refrain from the use of drugs, tobacco, and alcohol at all NYS facilities. Any use of these items will result in immediate removal from the field.
- Artificial noisemakers, such as, but not limited to, air horns, cowbells, drums, megaphones, car horns, etc., shall not be allowed. Electronic devices used to communicate between the Players and Coaches is not allowed.
- Inappropriate, rude, or confrontational behavior by a coach, player, or spectator may lead to disqualification from the game and possible suspension. These decisions are made at the sole discretion of the NYS League Officials.

RULES SUBJECT TO CHANGE WITHOUT NOTICE