



Soccer Rules | 4K-3rd Grades

ALL RULES FOLLOW RECOMMENDATIONS BY US YOUTH SOCCER

- 4 v 4 (No Goalie)
- Size 3 Ball
- 4 quarters, 8 minutes each quarter, 3 minute halftime.
- Game will stop at 4:00 minute mark for substitutions
- No offside
- No heading allowed
- No penalty kicks
- Throw-ins - ball goes out of bounds on the sidelines
- Goal Kicks - ball kicked out of bounds on the endline by offensive team
- Corner Kicks - ball kicked out of bounds on the endline by the defensive team
- Free kicks - opponents should be 10 yards away
- Recommended formation: 1-2-1 (1 defender, 2 midfielders, 1 forward)
- Positions:

Defender: Defenders prevent the other team from scoring and do not let the ball past them. They play on their half of the field near the goal box and up to the midfield line. Defenders are often expected to perform throw-ins, goal kicks, and corner kicks on their own side of the field.

Midfielder: Assists the defenders in getting the ball away and getting the ball passed up to the forwards for them to score. They cover the halfway point between their own goal line and the midfield line. They can also cover between the midfield line and their opponent's goal line.

Forward: Main objective is to score and primarily play in the opponents territory up to the midfield line.