



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.
- SUBSTITUTIONS: Game will stop at 4:00 minute mark for coaches to sub
- No Offside, No heading allowed, No penalty kicks

Kick Ins - when the ball has gone out over the sidelines (younger grades)

Free kicks - opponents should be 10 yards away

Throw-ins - out of bounds on the sidelines - either team

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

- Positions:

Defender: Defenders do everything they can to prevent the other team from scoring and 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: Assist the defenders in getting the ball away and getting the ball passed up to the forwards for them to score. They often 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.