



## SYSA Soccer Rules for 2009 Fall League

### I. Objectives of Micro-Soccer U-4/U-5/U-6:

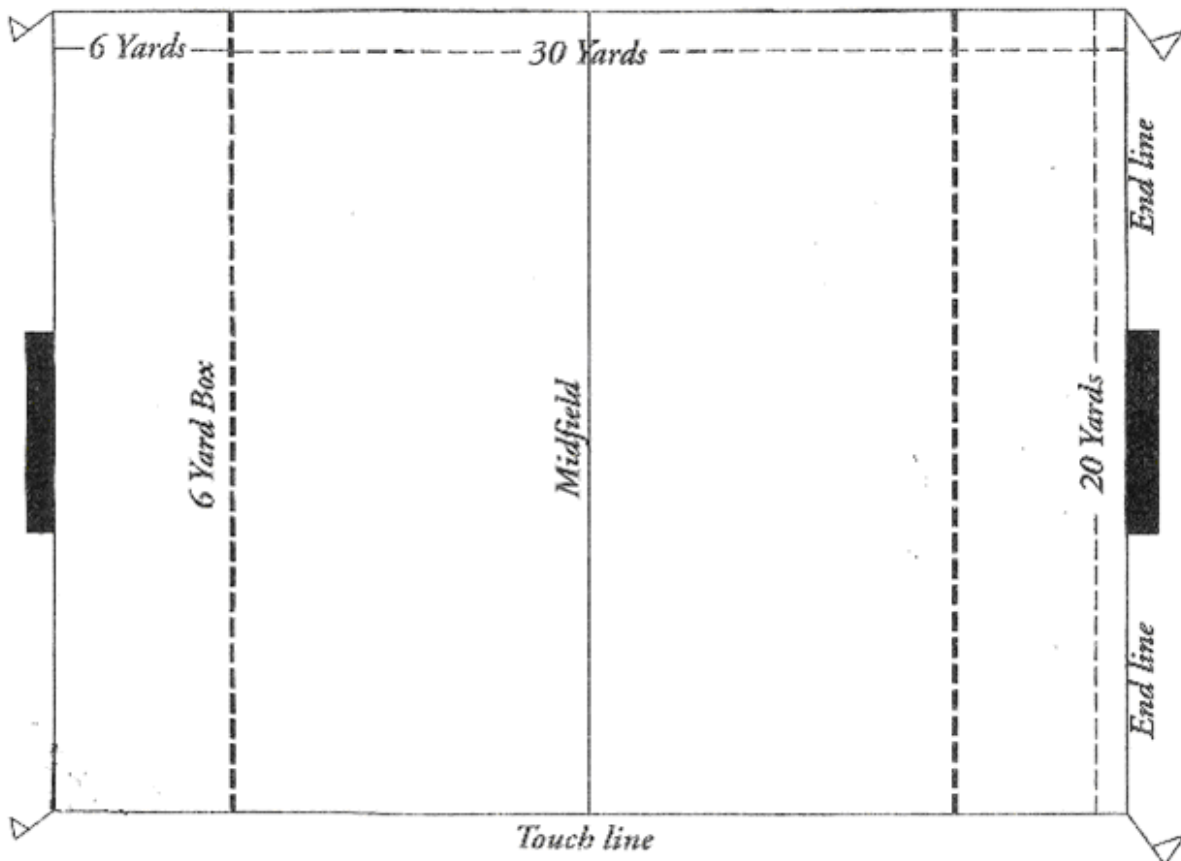
1. Every player must be given the opportunity to make frequent contact with the ball
2. Provide a playing environment which teaches and develops the fundamental soccer skills
3. Present a game that provides a simple understanding of the basic tactical configuration of soccer
4. Encourage decision making in the players
5. Make SOCCER FUN FOR EVERYONE!
6. Unless a change is stated, FIFA rules apply

### II. Modified Rules and Regulations:

#### 1. Length of the Game

The game shall consist of **4 ten minute quarters** with a three to five minute break between the second and third quarters. Each team has the field for 1 hour or 4 quarters.

#### 2. Field Size



### **3. Ball Size**

A size #3 ball is used for these games.

### **4. Players**

A game is played with 5 players on the field. Each player must play at least two quarters each game and each player must receive playing time in each half. There is no goalkeeper. The minimum number of players allowed on the field for a game to start or continue is 3. The maximum roster size is twice the number of players allowed on the field.

### **5. Start of Game**

The game starts with the ball in the middle of the field and the defending team on their six yard line.

### **6. Restart after Scoring**

After a goal, the ball is placed in the middle of the field and the defending team must be on their six yard line.

### **7. Ball Out of Play**

#### **a. Over the Goal Line**

If the ball goes over the goal line, last touched by either team, the ball is placed anywhere on their 6 yard line and the defenders take the goal kick. The opposition must be behind the half way line.

#### **b. Over the Touch Line**

Coach/Referee is encouraged to show how to restart play correctly. Player may retake the throw in until correct.

### **8. Corner Kicks**

There are no corner kicks.

### **9. Direct Free Kicks**

There are no Direct Free Kicks. All fouls are "Indirect Free Kick".

### **10. Indirect Free Kicks**

On an indirect free kick, the opposition must be 6 yards away from the ball and the ball must be touched by a second player (from either team) before:

- a. The player taking the free kick can touch the ball again
- b. A goal can be scored.

### **11. Penalty Kick**

No penalty kicks are to be taken.

### **12. Slide Tackles**

Slide tackles are not allowed.

### **13. SYSA Sportsmanship/Score Differential Policy**

This policy does not apply to this Age Group, however, coaches are encouraged to control a high scoring game. Please read the Player Development Policy for ideas on what to do and what not to do when controlling a high scoring game. A coach should not prevent players from scoring.

### **14. Substitutions**

Each team may only substitute during each quarter break. Further substitutions can be made if a player is hurt or asks to be substituted.

### **15. Examples of Fouls to Focus on**

- a. No deliberate hand balls – Note at this age there are a lot of non-deliberate hand balls. Only call Hand Ball if the player made a purposeful attempt to either catch the ball or knock it away with one or both hands.
- b. No pushing another player using your hands or arms.
- c. Shoulder charges are legal providing they are equally contested.

### **16. Off-sides**

There are no off sides, however, coaches should not "camp" a forward in front of the opponent's goal nor should coaches "camp" a defender in front of their own goal. Such action would offend the spirit of this rule change.

### **17. Referee / Coaches**

A coach from one of the teams or a parent volunteer will referee the game. Coaches, especially if refereeing, shall limit their coaching during a game to encouraging comments and strategy calls.

## **III. Basic Skills of Soccer**

At this level of play you should focus on the following skills:

1. Ball Control
2. Dribbling
3. Passing
4. Shooting
5. Throw-ins

## **IV. Tactical Team training Ideas**

At this level you should be training the players how to:

1. Throw-ins (page 6 of manual)
2. Start of game: show how to kick forward to a teammate
3. Be sure to "balance" your team in each quarter
4. Teach which direction your players need to go: "practice it"
5. At your practices, try to utilize your "balanced" 2 teams (4v4) to run your practice games so that your players get use to playing together under a game condition.

Any questions contact:

Peter Kilpatrick  
U9-U19 Recreational Coordinator