



4-K Soccer Rules (U6)

Program Overview:

Fountain Recreation Youth Soccer Program (FRYSP) is a soccer league feeder program to Fountain Fort Carson Middle School. Our first **PRIORITY IS FUN!** While paving the road to success for future Trojans.

FRYSP will be instructional in nature, and is intended to introduce boys and girls to the building blocks of soccer.

FRYSP will follow all current US Youth Soccer (usyouthsoccer.org) rules, except where modified by grade division.

Players will be chosen for teams through a random process or carpool necessity. Every player in FRYSP is guaranteed a roster spot if entered prior to the league registration deadline. Teams will not be altered following the coaches meeting without Recreation Department approval. An individual may **NOT** participate in FRYSP practices or games unless registration is completed and a parent or guardian has signed an agreement waiver on his/ her behalf. All games will be played with players from the original team roster unless coaches and officials agree otherwise.

Every player is guaranteed a minimum of two (2) full quarters of playing time in each game, with the exception of injury, or arrival of a player after the start of the 2nd quarter (refer to "Playing Time Rules" for further details). Every team will have a minimum of an eight (8) game schedule. However, makeup games are not guaranteed. Games canceled due to unforeseen circumstances, i.e. inclement weather, will be rescheduled if possible.

Fountain Recreation has a **ZERO TOLERANCE** policy toward fighting, flagrant, or intentionally violent penalties, abusive or obscene language and any other inappropriate behavior by players, coaches, parents or spectators. The Head Sports Official reserves the right to ask any player, coach, parent, or spectator to leave the premises and cancel the game, the Recreation Coordinator has the authority to suspend any player, coach, parent or spectator for any number of games or indefinitely from participating in any recreation program.

1. Player Eligibility:

- a. We will follow Colorado School guidelines
- b. Children will be registered based on the Grade level/ age as of December 31, 2018
- c. A child may move up one Grade Level only if the parent signs a waiver acknowledging that they are aware their child will be playing with children up to three years older
- d. If a child is held back a grade or placed ahead a grade letter from the school will need to be provided during registration
- e. Players must be 4 years old by the Coaches meeting (call (719) 322-2030 for details)

2. Playing Time Rules and Substitutions:

- a. WITHOUT EXCEPTION (barring injury, or arrival of player after start of the 2nd quarter) – Every player MUST play one (1) full uninterrupted quarter in the game.
- b. **6-MINUTE RULE:** Playing time differential between the individual playing the most in a 32-minute contest, and the individual playing the least is not to exceed 6 minutes.
- c. **Late arriving team members shall be substituted as follows:**
 1. If the team member arrives during the first quarter, the team member must play a minimum of two of the remaining three quarters
 2. If the team member arrives during the second or third quarter, the team member must play a minimum of one quarter.
- d. **Time of Matches:**
 1. Four eight (8) minute running clock quarters. (clock **WILL NOT** stop for substitutions)
 2. Teams will be allowed **ONE**, one (1) minute time out per half.(Time outs **DO NOT** carry over)
 3. Half time will be **Four to Eight** minutes, **TWO** minutes between quarters.
 4. Player Safety is our #1 priority. Water breaks and equipment repair are allowed at the referee's discretion
- e. **Substitutions:**
 1. If a player is injured, the coach may provide a substitute for the player, and can substitute the injured player back in on any dead ball at any time.
 2. All players must receive a signal from the referee in order to enter the match.
 3. Substitutions are unlimited and can occur on any dead ball

**** **Please Note:** OFFICIALS ARE NOT RESPONSIBLE FOR MONITORING PLAYING TIME. It is the responsibility of coaches to follow and enforce playing time rules. Coaches should monitor the playing time of opposing players and if a coach is not adhering to the playing time rules, officials should be notified immediately. The official will then ask the coach in question to correct the problem. ****

3. The Field:

- a. Length: 40 yards
- b. Width: 20 yards
- c. Center Circle Radius: None
- d. Goal Area: None
- e. Penalty Area: None
- f. Goal Line to Penalty Spot: None
- g. Goal Size: 4 feet by 6 feet
- h. Parents and Spectators will sit 5 YARDS off the field opposite side as players
- i. No more than **ONE** coach per team allowed on the field at a time. The coach on the field must be aware of their position at all times in order not to cause interference of players, referee, or ball.

4. Equipment:

- a. Ball size: 3/ CIR: 23-24in/ Wt: 11-12oz
- b. Each team will have their own team color t-shirt provided by the recreation department with city logo if player's shirt is not available they can wear a shirt of the same color; on cold days players should try and wear team-shirt on top of other clothing
- c. Athletic footwear with or without cleats are allowed **WITH** referee's approval **(NO BASEBALL OR FOOTBALL CLEATS)**
- d. Players may or may not wear shin guards, however it is highly encouraged that all players wear them
- e. Players with cast shall not be allowed to play due to the increased chance of injury to themselves and other players
- f. Players will only be allowed to wear approved medical bracelets and studded earrings
- g. All incidents, injuries or property damage at any Park and Recreation game will be reported to the Head Sports Officials

5. Start of the Game:

- a. The referees will meet with the teams and coaches at the start of the game to go over rules and answer questions
- b. A coin toss or Rock; Paper; Scissors will determine first possession or attacking goal, teams will trade possession each quarter, teams **WILL NOT** switch sides after the half
- c. A goal **CAN NOT** be scored on the kick off

6. General Rules:

- a. 4 vs. 4 (no goalkeepers)
- b. Kick offs, free kicks, throw-ins(referee will allow up to two attempts), goal kicks and corner kicks are used to start or restart play
- c. Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner
- d. If used, all free kicks are indirect (you cannot score a goal on an indirect kick)
- e. Opponents should be 10 feet away from the ball on all restarts
- f. No penalty kicks
- g. No offside
- h. Referees will be used (*league rule*) to help coaches manage the game environment
- i. Heading the Ball: IAW US Soccer mandates NO heading allowed in this age group/ an indirect free kick will be awarded to the opposing team if a player deliberately touches the ball with their head
- j. No score will be kept

7. Fouls:

An indirect kick will be awarded for all fouls at this age:
handball; kicking, striking, tripping, holding, pushing, charging, attacking from behind, slide tackling, dangerous play (kicking from the ground, heading)and, high kicking (without contact kicking above the waist within a group or nearby player)

8. Good Sportsmanship Examples:

- a. End of game cheer for opposing team
- b. Shaking of hands at the end of the game with opposing players and coaches
- c. Insuring that comments from parents, players and coaches are all positive in nature
- d. Runaway games: In keeping with the idea of GOOD SPORTSMANSHIP and learning the aspect of small-sided soccer, anytime one team starts to dominate the game (ahead by 4 goals) the coach should institute a training mode during the game.
Such as encouraging passing, (team must have so many passes before shooting on goal), or every player on the team must touch the ball before a shoot on goal can be taken.
- e. Coaches and parents need to remember that we are here for the good of the game and the good of the players, be positive at all times.