



NORTH ZONE **SOCCER** **U4/U6 YEAR OLD** **SOCCER RULES**



[6 v 6 Soccer]

Purpose:

Soccer at this age is to get the children:

1. Having fun, learning in a team environment
2. Learning Sportsmanship
3. The basic rules of soccer
 - a. No intentional hands
 - b. Kicking
 - c. No sliding
 - d. No Contact with other players, play the ball, develop skills
 - e. Fair play and sportsmanship and safety for the players

Player Equipment:

The following rules are for the children protection, it is up to all coaches to ensure that they are followed for every player at every game.

1. Rubber cleats and running shoes are allowed
2. Shin pads must be worn for all players on the field. Shin pads must be covered with socks or pants. A child without shin pads will not be allowed on the field of play.
3. The issued NZ Soccer jersey must be worn by all players during the game.
4. All cosmetic jewellery must be removed. Earrings are restricted to studs for newly pierced ears and must be taped. No hats.

Duration of Games:

Under 4

The game will be divided into 2 halves of 15 minutes each, with a 3 second substitution break to change players (on the fly). There will be a 15 minute warm up period.

There will be a 5 minute break at half time [after Period 1]. **Breaks are not included in playing time. The players do not switch end after the first half, start the game to the end the game, going the same direction for both halves. ALSO A WARM UP BEFORE GAME STARTS, THIS ALLOWS THE COACHES TO GET THE PLAYERS MIND AND SPIRIT READY TO PLAY THE GAME, HAVE FUN AND PROMOTE FAIR PLAY AND EQUAL PLAYING TIME**

Under 6

The game will be divided into 2 halves of 20 minutes each, with a 3 second substitution break to change players (on the fly). There will be a 10 minute warm up period.

There will be a 5 minute break at half time [after Period 1]. **Breaks are not included in playing time.**

The players switch end after the first half.

ALSO A WARM UP BEFORE GAME STARTS, THIS ALLOWS THE COACHES TO GET THE PLAYERS MIND AND SPIRIT READY TO PLAY THE GAME, HAVE FUN AND PROMOTE FAIR PLAY AND EQUAL PLAYING TIME

Rules of Play:

1. **Only Registered NORTH ZONE SOCCER RECREATIONAL PLAYERS:** Each Team will only be allowed to field it's league designated & assigned players.
2. **Teams play 6 per side.** Five players and a goalie on each team to play 6V6. For the game to be played, a team must be able to field a minimum of four [4] players. All participants are to play equal playing time during the game.
3. **Referees are needed for these games,** however, coaches act as supervisors to encourage their players and ensure their safety.
4. Players can score from any part of the field.(not inside the goal crease)
5. There is **no offside rule.**
6. **Fouls that will be penalized by an indirect kick.** Opponents must give three [3] meters distance on an indirect free kicks.
 - a. Intentional use of the hands to redirect the ball;
 - b. Sliding of any kind including kicks, tackles and blocking the ball
 - c. Intentional contact used to slow or stop the opposition.
 - d. No playing the ball while on the ground
7. **If the ball goes out of the sideline,** the ball is put back into play by a throw in.
8. **When a goal is scored,** or Each period shall be started by a player kicking-off the ball from the centre field mark, towards the opposing goal. The ball is not in play until it has travelled FORWARD. Kick-off will rotate between both teams for each half.
9. If the **ball is kicked across the end line** by the attacking team, the result is a goalie kick. If kicked out by the defending team, the result is a corner kick for the defensive team
10. **Kickoffs at the beginning of the game and at half time** are from the center of the field.
11. **All fouls are penalized with** an indirect free kick. Opponents must give three [3] metres distance on an indirect free kicks. After 3 fouls by the same player, the coach may be asked to remove the player from the pitch to address the player's conduct.
12. **Injured player,** call the play dead. Restart play with a placed ball, at the point the ball was whistled dead. The ball is placed on the ground between two players standing 1 meter apart. Either player may kick the ball after the whistle is blown.
13. A **Goal** is scored when the ball completely crosses the goal line.

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Soccer\Rules U4 Program

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CODE OF CONDUCT

All players, coaches, team officials, parents and spectators must comply with the following code of conduct. Remember the goal of recreation soccer is to have fun, learn some soccer and team skills, and enjoy the soccer experience. All the coaches, referees and league officials are all volunteers.

We want the children who take part in our leagues to play soccer in a positive atmosphere free from foul and abusive language, undue pressure, embarrassment, harassment, prejudice and violence.

Please help us to achieve this aim by abiding by this simple code: **PLAY FAIR**

- Foul or abusive language from players, spectators or officials will not be tolerated.
- Never dispute a referee's decision - they can make mistakes, just like you and me.
- The health and safety of players is paramount. Do not encourage players to continue playing if they are obviously injured or unwell.
- Coaches are strongly advised to give all of their players an equal amount of playing time. It's no fun being on the sideline.
- Coaches, parents and spectators are also expected to let all players play without being screamed and shouted at from the sidelines.
- Encourage and applaud all players, not just those on your team.
- Demonstrate respect for all individuals.
- Respect the facilities on which you play.
- Maintain self-control at all times – it is only a game!!
- Always attempt to contribute to the betterment of the soccer experience.

REMEMBER!!!

Your evaluation carries a great deal of weight with children. At the games, the attitude shown by parents and coaches towards your team and the opposing team will influence the child's values and behaviour in sports, and in life.

DISPUTES ARE TO BE RESOLVED IN FAVOUR OF THE KIDS!

Any complaints concerning the wording of the rules, actions of an opposing coach, intoxication of any coach or any other problems are to be submitted by email to northzonesoccer@gmail.com within 48 hours of the incident to allow the Board to take any necessary action.

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