

4 year old clinic – Game Rules

- Game days for this age group will begin with the team warming up and completing 2 stations prior to beginning the game. Warm-ups and the two stations will take approximately 25 – 30min to complete.
- Before the game begins, please review offense and defense and which way each team will be going.
- Game Setup
 - Games will be played either 6 v 6 or 5 v 5 (whichever works best with the amount of players in attendance) with no goalie.
 - Games will be played with participants from the same team. Please try to change up which children are together each game.
- Game Time
 - The game will consist of two, 10 minute halves.
 - Subbing every 2.5 minutes. The clock will always stop at sub marks for 30 seconds – if there are no subs for a team, the players will be given an additional 30 seconds at each sub mark in order to rest.
 - The game ball will be wiped down and disinfected between each sub mark.
 - There will be a 3 minute half time
- Specific Rules
 - There is no official referee for 4 year old clinic games. The coaches will act as the referees.
 - This is an introductory league so please feel free to step in and correct players if they are doing something incorrectly.
 - Cones will line the boundaries of the playing field. While out of bounds will not be called, correct the players and redirect them to the playing field.
 - There will be no throw-ins, no heading the ball, no slide tackling and, as always, there is no hitting/pushing/kicking.
 - Please encourage the players to not “swarm” the ball and to work as a team.
 - Keep it fun and encourage good sportsmanship.
- Face Coverings
 - *Players:* Although games are being played with participants from the same team, players will be coming into close contact with each and therefore will have to wear face coverings for the entirety of the game with the following exceptions:
 - During sub marks, water breaks, timeouts, and halftime, players may remove their face coverings if they are able to maintain a continuous 6+ foot distance from all members of their team.
 - A mask break will be given to all at the 10 minute mark of each half of the game provided all players spread out in order to maintain a continuous 6+ foot distance from all members of their team.
 - Any player with asthma who cannot keep their mask on for an extended period of time will be able to sub out when needed (the asthmatic player will not have to sub in/out in accordance with the substitution rules) and separate themselves 6+ feet from all team members and take a mask break.
 - *Coaches & Staff:* Coaches and staff will be required to wear a face covering for the entirety of the game unless they are able to maintain a continuous 6+ foot distance from all members of their team.

- *Spectators*: Spectators will be required to wear a face covering for the entirety of the game unless they are able to maintain a continuous 14+ foot distance from the perimeter of any field of play and a continuous 6+ foot distance between members of any other household.
 - Exceptions exist for children younger than age two and for those who can't wear one as a result of a health or developmental reason.
- Other
 - Players are not to share any water bottles, drinks, or equipment.
 - Teams will not high-five or shake hands after the game.
 - At the conclusion of the game, we ask that players, coaches, and spectators leave the field and do not congregate.