

Roanoke Youth Sports

4-5 Year Old Age Group Soccer Rules

Equipment Requirements

1. Shin Guards are mandatory and must be worn under socks. Cleats are optional (no metal cleats, no sandals)
3. No jewelry, watches or hard hair clips. No candy or chewing gum during the game.
4. Tee shirts will be furnished and must be tucked in.
5. The goalie will be provided a shirt for game use.
6. The 4-5 age group will use a size 4 soccer ball.
7. All players will wear black shorts.

General Rules

1. The 4-5 age group will play 4 per team on the field plus 1 goalie.
2. Games will be played in 4 quarters, 8 minutes each, 2 minutes between quarters, 5 minute half-time. When each game is over the next game will start immediately.
3. Teams will switch goal at half-time.
4. Official time is kept by the referee.
5. Each player will play half of the game. (Exception: injury, illness, or discipline)
6. 1 person per team is allowed to stand behind/beside the goal to help give the goalie instructions and make sure they are paying attention where the ball is.
7. Substitutions can be made during a dead ball.
8. The game ends when time expires. No tie breakers, no overtime, no shootouts.
9. **Unsportsmanlike conduct is not allowed and will result in eviction from the park at the officials' discretion. This includes foul language, boasting and disrespect of officials by players, coaches or parents. Players can be removed from the game as a result of a parent's conduct. Continued problems will result in a suspension from Roanoke Youth Sports. This is at the discretion of the board**

of directors.

10. A card system will be in place and at the referee's discretion.
Yellow card – warning
Red card – removal
11. Whichever team wins the coin flip chooses whether to kick-off or receive the ball to begin the game.
12. At the kickoff, the ball must travel forward and be touched by another player before the kicker can play the ball again.
13. The ball is out of play when it has wholly crossed the goal line or touchline. However, a player may be out of bounds and still play the ball that is in bounds.
14. Throw-ins must be overhead with both feet on the ground. It will be up to the referee to allow a second chance before change of possession.
15. A corner kick is when the ball passes over the end line having last been played by one of the defending team players. A member of the attacking team shall then take a corner kick.
16. A goal kick is when the ball passes over the end line having last been played by one of the attacking team players. A member of the defending team shall kick the ball direct into play beyond the penalty area from any point within the goal area.
17. Once the goalkeeper takes possession of the ball with their hands, it must be released by either throwing or kicking, before crossing the penalty area line. The goalie cannot touch the ball again until another player has.
18. In case of a team not having enough players present, the referee will choose sides and a game will be played.
19. Coaches must keep players safe and under control during the game.
20. After each game, players shall line up and shake hands with the opposing team.

The rules of the RYS Soccer League are meant to make the game fun and instructional for all.

21. There will be no coaches, parents, etc. on the field during play. Spectators must watch from the opposite side of team sideline.

22. All instructions shall be made by the coaches from the sidelines, time-outs, and between quarters. Coaching from the end is not allowed (except one person may be behind the goalie).

23. The officials have full authority during the game. They may make exemptions and they are authorized to make decisions not covered in the rules mentioned above. Their goal is to be as consistent as possible. **All officials' decisions are final.**

24. Coaches are encouraged to promote fair play. Part of coaching is leading by example. No coach shall smoke while in contact with the players, nor shall swearing be allowed. Coaches are expected to conduct themselves in an appropriate manner.

25. A direct free kick is given at the following times:

- Kicks or attempts to kick an opponent
- Trips an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent including slide tackling
- Holding an opponent
- Spitting at an opponent
- Handles the ball deliberately
- Playing in a manner considered by the referee to be dangerous. (i.e. attempting to kick the ball while being held by the goal keeper)

26. A penalty kick will be given if one of the above offenses is committed within the penalty area.

27. All free kicks are indirect except for penalty kicks, which are direct.

28. "Handball" calls are at the discretion of the referee. Incidental contact, or contact in an effort to protect themselves shall not be called on a player, as long as no advantage is gained.

29. Coaches shall not reschedule games.

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