



# HCU

## U5, U6, U7 & U8

### 4 v 4 Playing Rules & Guidelines

Hillsborough County United Soccer League's Under 5, Under 6, Under 7 and Under 8 programs are modeled after the United States Youth Soccer Associations 4 v 4 program as modified below. Many rules have been modified from FIFA Laws of the Game to suit these age groups. Below are the rules to be followed in these age groups.

#### 1. The field:

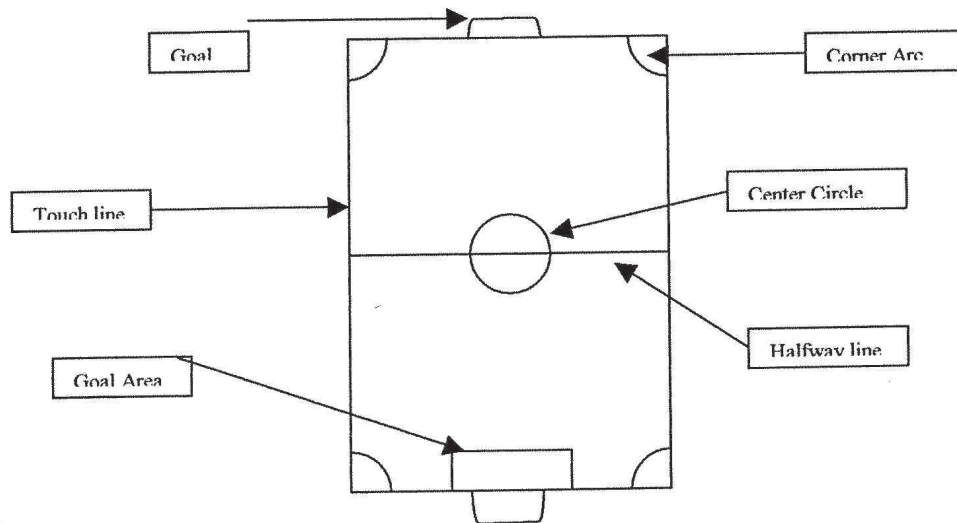
a. Dimensions: The field shall be rectangular.

- U8 - 50 yards in length and 30 yards in width
- U7 - 35 yards in length and 25 yards in width
- U5&6 - 30 yards in length and 20 yards in width

b. Goals: 6' in width 4' in height (The size of hockey goals)

c. Markings

- Distinctive lines not more than 5 inches wide
- A halfway line shall be marked out across the field
- A center circle 3 yards in radius
- Four corner arcs with a 2 foot radius
- Goal area: 3 yards from the inside of each goal post and 3 yards into the field of play, joined by a line drawn parallel to the goal line.



#### 2. Ball: Size 3

#### 3. Players:

a. The maximum number of players on the field at one time is 4. There will be No GoalKeeper. In addition, no player should be positioned in a manner as to guard the goal area when not involved in the play. Rather, players should be encouraged to remain in the play of the ball. Teams may be coed.

b. Maximum number of players on the roster should be limited to 8.

- c. Substitutions: A team may substitute on their own throwins, during any goal kick, after a goal by either team, upon an injury and between quarters.
- d. Playing time: Each player SHALL play a minimum of 50% of the total playing time.

#### **4. Players equipment:**

- a. Footwear: Tennis shoes or molded plastic cleats. To prevent injury, cleats are recommended over tennis shoes. No screw in or metal bottom cleats are allowed.
- b. Shin guards are required. It's suggested that players wear a pair of white athletic socks underneath their shin guards. The shin guards must be covered fully by another pair of socks. The outer pair of socks is part of the player's uniform and supplied by the league.
- c. Uniforms: Each player is provided a uniform by the league. This consists of two jerseys (one white and one red), shorts and a pair of socks. The designated home team will wear white jerseys while the designated visiting team will wear red jerseys.

#### **5. Duration of games:**

- a. U5&6 - The game shall be divided into 4 equal 8 minute quarters. There shall be a 2-minute break between quarters one and two and another 2-minute break between quarters three and four. There will be a 5-minute half time break.
- b. U7 - The game shall be divided into 4 equal 10 minute quarters. There shall be a 2-minute break between quarters one and two and another 2-minute break between quarters three and four. There will be a 5-minute half time break.
- c. U8 - The game shall be divided into 2 equal 20 minute halves with a 5 minute halftime break.

#### **6. Referees:**

- a. U5, U6 & U7
  - \* No registered referees or assistants will be assigned to games. One coach or assistant coach from each team will pair up to officiate the game.
  - \* The two designated referees will agree on which half of the field they each will be responsible for throughout the duration of the game.
  - \* All infractions must be explained to the offending player.
- b. U8
  - \* Registered referees will be assigned to all games. \* No assistant referees will be assigned to games.

#### **7. The start of play: Kickoffs:**

- a. All players must be on their half of the field.
- b. Defending players must remain outside of the center circle until the attacking team touches the ball and it moves.
- c. The first touch on the kickoff must be forward towards the opponent's side of the field. The kicker does not touch the ball a second time until it has touched another player. Should the kicker touch the ball a second time, before it touches another player, the kick will be retaken. If the first touch is not forward, the kick will be retaken. The ball is in play when it is touched and moves. Coaches or referees should explain all infractions.
- d. U8 teams should switch goals at the start of the second half. U5, U6 & U7 teams should switch goals at the start of the second half but not at breaks between quarters one and two or quarters three and four.

#### **8. Ball in and out of play:**

- a. The ball is out of play when it has wholly crossed the goal line or touchline and whenever a referee has stopped play.
- b. The ball is in play at all other times, including rebounds off the goal posts or crossbars and rebounding off a referee.

## **9. Method of scoring:**

A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar. Coaches should not encourage their players to try to score from their side of midfield.

## **10. Off side:**

There is no offside in the under 4v4 program however, no player should be intentionally positioned in a manner to take advantage of this rule.

## **11. Free kicks:**

- a. There are no direct free kicks in these age groups. This means that a goal can not be scored directly off a free kick without it first touching another player. Should the ball cross the goal line without it touching a second player, other than the kicker, a goal kick is awarded to the other team.
- b. There are no penalty kicks in these age groups.
- c. Indirect free kicks are awarded to the opposing team for the following infractions: Tripping an opponent, pushing an opponent, holding an opponent intentional handling the ball, playing in a manner dangerous to him/herself or another player, commits any other offense not previously mentioned for which play is stopped.
- d. Indirect free kicks are taken from the spot where the foul occurred, except if the foul happens in the goal area. Fouls, which happen inside the goal area, should be taken at the top of the goal box.
- e. All opposing players must be five yards from the ball when the kick is taken, with the exception of a free kick awarded at the top-of-the goal- area. In that instance; opposing players-may line-up-in front of tile-goal.
- f. The ball is in play when it is touched and moved. The kicker does not touch the ball a second time until it has touched another player. Should the kicker touch it a second time, before another player touches it, the kick is retaken. Referees should explain the infraction.
- g. Drop ball: Should play be stopped while the ball is in play to tend to an injured player or for any reason not mentioned in this guide, the method of restart will be a drop ball. One player from each team stand at the place the ball was at the time play was stopped. A referee drops the ball between them. The ball must touch the ground before either player can play it. This should be explained to the players prior to dropping the ball. Should either player touch the ball before it makes contact with the ground, the drop ball must be redone. With players of this age, referees should ensure that they stand far enough apart to reduce the chance of them kicking each other.

## **12. Throw-ins:**

A throw in is awarded when the whole of the ball crosses the touchline, either in the air or on the ground.

- a. The throw-in is taken at the spot where the ball went over the touchline. The player taking the throw stands off the field of play. The players foot can touch the line but can not completely cross it into the field of play.
- b. The thrower must keep both feet on the ground. They may not jump or raise either foot.
- c. The throw must be taken with both hands and come from behind and over the head.
- d. The ball is not in play until it wholly enters the field of play. The player taking the throw can not play the ball again until it has touched another player.
- e. Players making an improper throw in must be given a 2nd chance and should receive a brief explanation on the correct way of taking a throw in.

## **13. Goal kicks:**

A goal kick is awarded when the whole of the ball, being last touched by an attacking player, passes over the goal line, either in the air or on the ground.

- a. All goal kicks must be taken within the goal area

- b. All opposing players must retreat to midfield until the kick is taken.
- c. The ball is not in play until it has completely left the goal area.
- d. The kicker can not touch the ball a second time until it has left the goal area and touched by another player. Should the kicker touch it a second time, before it touches another player, the kick is retaken. Coaches should explain all infractions

#### **14. Corner kicks:**

A corner kick is awarded when the whole of the ball, having last been touched by a player of the defending team, crosses the goal line, either in the air or on the ground.

- a. The ball is placed in the corner arc on the side where the ball went out of play.
- b. All opposing players must remain 5 yards away until the kick is taken.
- c. The ball is in play when it is touched and moved.
- d. The kicker may not touch the ball a second time until it has been touched by another player. Should the kicker touch it a second time, before it touches another player, the kick is retaken. Coaches should explain any infractions.
- e. A goal can be scored directly off a corner kick.

## **Additional Rules, Guidelines & Information**

1. The minimum number of players a team can play with will be three. In the event a team has only three available players, the opposing team should also play only three. In the event a team has less than three players the opposing team's coach having at least 7 or 8 players of his own, should ask for 1 or 2 volunteers from his or her team to play for the other team. If a team has only 4 players, coaches may play three a side in order to leave that team one substitute.
2. Games, which are not played for any reason, will not be rescheduled by the league.
3. Spectators should remain on the opposite side of the field from the players and coaches.
4. Only one coach and two assistant coaches should be on the player's side of the field. All coaches and assistants must be registered with the state.
5. Coaches and spectators are not allowed to stand or sit at the ends of the field or behind the goals during the game.
6. No official score will be recorded nor will the league keep any standings.
7. Players and coaches should line up at midfield at the end of each game to shake hands. Afterwards coaches and players should police the bench area for any trash, dispose of it, gather up all belongings and exit the bench area. This will allow the teams scheduled for the next game to occupy the bench area and begin their game on time.
8. Every effort needs to be made to start and end games on time.
9. Each team needs a sponsorship by \_\_\_\_\_.
10. Each coach needs to have a team parent Team parents can register through the HCU website.
11. Coaches need to have all players' medical release forms with them at all games and practices.
12. All coaches should have their Hillsborough County Parks and Recreation Department Coaching Certification card with them for all games and practices. Coaches who have not yet taken the certification course or need to renew should contact the league office for course information.

13. In the U8 age group coaches are not allowed on the field during play. If the coach needs to tend to an injured player he must receive permission from the referee before entering the field.

14. In the U5, U6 & U7 age groups, where the coaches act as referees, they must make every effort to keep the game moving. Coaches should not spend excessive time instructing players during restarts or lining them up for set plays such as throw-ins, free kicks and goal kicks.

15. **Have fun!**