

**PLANO YOUTH SOCCER ASSOCIATION**  
**PLAYING RULES -- UNDER 4 THROUGH UNDER 6**

**1. FIELD OF PLAY**

The field of play is from 60 (sixty) to 75 (seventy-five) feet wide and from 90 (ninety) to 105 (one hundred and five) feet long. The center circle is 8 (eight) feet in radius. The goal area is 20 (twenty) feet wide and 8 (eight) feet in depth. The goal size is 3 (three) feet high and 5 (five) feet wide. These apply to the Under 4 & U6 age groups

**2. THE BALL**

The ball is a size 3 (three).

**3. TEAMS**

Teams are composed of a maximum of eight players. The number of players on each side is 4. A team may not play with less than three players on the field.

**4. PLAYER'S EQUIPMENT**

- A. Shin guards are mandatory for all players. Socks must be worn over shin guards.
- B. Players shall not wear anything that is dangerous to himself or herself or to another player (for example: jewelry, broken cleats, etc).
- C. A player shall not be permitted to wear anything considered dangerous by the referee. Jewelry considered dangerous to them or others must be removed. Hard casts and finger splints must be covered with suitable padding. If at any point during the match the referee determines an item to be dangerous, the player may be asked to remove it or sit out the remainder of the game.

**5. LENGTH OF GAME**

*EACH PLAYER MUST PLAY AT LEAST 50% OF EACH HALF.* A player who arrives at the field after the beginning of the game may not play in the first half. A player who arrives after the beginning of the second half may not play in the game, at the discretion of the coach.

- A. Under 4 through Under 6 games are 4 ten-minute quarters with a 2-minute half-time period.
- B. Substitutions may only be made at the beginning of each quarter or half. Players may not be substituted at any other time. The only exception is if a player is injured or in duress.
- C. Teams that are not ready to play within 5 minutes of published time will forfeit game. A team unable to field 3 players at game time will forfeit the game. There will be no time stoppage for any reason.

**6. KICK-OFF**

Kick off will be decided at the beginning of the game by a coin toss with the team winning the toss choosing side of the field. The team losing the coin toss will kick off. Teams will switch for the second half.

**7. RESTARTS**

- A. Kick-off, kick-ins, goal kick and fouls are indirect kicks (i.e. a goal cannot be scored by kicking the ball directly into the goal: the ball must first be touched by another player). Defending players must be at least 8 (eight) feet away from the ball at the time of the free kick.
- B. U6 will use throw ins rather than kick ins. If an infraction occurs on a throw in, a second throw in must be allowed. The referee shall explain the proper method before allowing the player to re-throw. If an infraction occurs on the second throw in, the referee will allow play to continue.

## 8. FOULS AND MISCONDUCT

- A. A player who commits any of the following six (6) offenses shall be penalized by the award of an indirect free kick to the opponents.
- (1.) Kick or attempts to kick an opponent.
  - (2.) Trips an opponent, (i.e. throwing or attempting to throw an opponent by the use of the legs or by stopping in front of or behind the opponent).
  - (3.) Charges an opponent in a violent or dangerous manner.
  - (4.) Holds an opponent with the hand or any part of the arm.
  - (5.) Pushes an opponent with the hand or any part of the arm.
  - (6.) Handles the ball (i.e. strikes, or propels the ball with the hand or arm). It should not be considered a "hand ball" when any player attempts to protect the vital areas of the body (chest, crotch, face, etc.) by placing hands or arms across them to protect them from being struck by the ball. The official shall be the sole judge of whether the hands or arms were used deliberately to propel the ball.
- B. A player shall be sent off the field of play if:
- (1.) In the opinion of the official, the player is guilty of fighting.
  - (2.) The player uses foul or abusive language.

If play is stopped by reason of a player being ordered from the field for an offense without a separate breach of the rule having been committed, the game shall be resumed by an indirect free kick awarded to the opposing side from the place where the infringement occurred. The player that is sent off can be replaced with another player from the same team. The player being sent off must sit out the rest of that game.

## 9. BALL OUT OF PLAY

The ball is out of bounds when the whole ball passes over the whole sideline or goal line. The ball will be put back in play by the opposing team as follows:

- A. Played over the sideline: a kick-in for U4 and U5, is taken at the point the whole ball crossed the line. For U6, a throw in is taken at the point the whole ball crossed the line.
- B. Played over the goal line by the defending team: A corner kick is taken by the attacking team from the arc on the side of the field where the ball crossed the goal line.
- C. Played over the goal line by the attacking team: A goal kick is taken by the defending team from anywhere in the goal area.
- D. A goal is scored when the whole ball passes completely over the goal line between the goal post and under the cross bar. Note: All kicks are indirect; therefore a goal cannot be scored from a restart except as defined unless the ball is touched by two players.
- E. Each half is started with a kick-off. Second and fourth quarters are restarted where play in the previous quarter ended.

## 10. U4 – U5 OFFICIATING

The officiating will be handled by both teams. A Home Team Representative will officiate the first 2 quarters of the game. A Visiting Team Representative will officiate the last 2 quarters of the game. It is requested that a parent and not coaches officiate the game. If a coach is required to officiate, he/she must remember that during the time they are serving as an official, they cannot coach their team. Someone else will need to fulfill this role. All officials' decisions are final except for an ineligible player.

## 11. U6 OFFICIATING

- A. For U6, a referee shall be appointed to officiate in each game.

- B. The referee has jurisdiction from the time the referee arrives at the field of play. The referee's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.
- C. The referee can stop the game for infringement of the rules and can suspend or terminate the game whenever the referee deems such stoppage necessary, for example, severe weather, interference by spectators and/or coaches.
- D. If the official referee does not appear within ten (10) minutes after the scheduled game time, a person mutually agreed upon by both coaches may referee the game. The decisions of that person serving as an emergency referee are just as binding as if he/she were a registered referee.

## 12. OTHER GENERAL RULES

- A. No Goalies: Players are only allowed to stand in the goal box if they are directly playing the ball. Players may play defensive positions, but must move up with the field of play. The purpose of the 4v4 game is for all children to be involved in the action.
- B. Coaches for U5 and U6 are not allowed on the field during play, unless they are invited by the official for the purpose of assisting an injured player. U4 coaches are allowed to assist their players on the field as necessary, but should be limited to one coach per team.
- C. Kick-ins: All "kick-ins" shall be indirect kicks. If an infraction occurs on a kick-in, a second kick must be allowed. If an infraction occurs on the second kick, play should be allowed to continue. This is a developmental league and we are here to help the players learn. Please get the kids involved.
- D. Score is not kept during games. At the end of the game there are no winners and losers. ALL kids are winners.
- E. Coaches and spectators must remain on the sidelines and must not sit or stand behind the goal line during play. Under no circumstance should coaches or spectators sit or stand directly in the goal area.
- F. Spectators are encouraged to remain on the opposite sideline from the teams.

## 13. FACILITIES

Generally games are played on fields owned by the City of Plano. Some games may be scheduled in neighboring communities. All the participants -- players, coaches, parents and fans -- are to respect the facilities. The participants are to obey the rules and regulations of the facility. In addition,

- A. Players are only allowed within the penalty area during game time. No warm-ups in the penalty area are allowed.
- B. Smoking is prohibited in the area of the playing fields.
- C. Dogs are not allowed at the fields while games are in progress.
- D. Players are to pick up and dispose of all trash at the end of the game.
- E. While waiting for the playing field to become available, teams are not to interfere with any game. At the conclusion of the game, the teams must quickly depart from the fields to allow the next game to begin.
- F. Noisemakers are prohibited.
- G. Spectators must sit a minimum of five (5) feet from the touch line and should never interfere with the assistant referee's path or view
- H. Videotaping and photography of games should be limited to those matches where your family member is participating.