



NVSC Rules of Competition U4, U5 and U6 Age Groups

These Northern Virginia Soccer Club Rules of Competition pertain to U4, U5, and U6 Leagues.

All competition, except where previously noted, sanctioned by the Northern Virginia Soccer Club (NVSC) shall be conducted in accordance with the Federation Internationale De Football Association (FIFA) Laws as amended by the following exceptions:

Rules of Competition

A) Unless otherwise approved by Executive Board of NVSC, the following table reflects:

- 1) The ball size required for a match (Law II)
- 2) The number of players on the field, maximum and minimum, required for a match (Law III)
- 3) Duration of the match (Law VII)

League	Max	Min	Goal Keeper	Ball	Duration	Breaks
U4	3	3	No	3	6 min qtrs	5 min @half / 2 min @qtr
U5	4	3	No	3	8 min qtrs	5 min @ half / 2 min @ qtr
U6	4	3	No	3	8 min qtrs	5 min @ half / 2 min @ qtr

B) All eligible players shall play a minimum (or the equivalent) of one half of the match; However, no player shall play more than three-fourth (3/4) of a match unless all other players will have played at least three-fourth (3/4) of the match; unless there is an injury, disciplinary issue, or a request from a player or a parent to play less.

C) In the U4, U5 and U6 Leagues:

- 1) Two coaches per team will be allowed on the field when the ball is in play.

D) In the U4, U5, U6, Leagues, there will be no goalkeepers.

E) In all Leagues:

- 1) During the match, substitutes and spectators, shall not be closer than two yards from the touchline,
- 2) Parents and other spectators should not be behind the goals and goal line during a match.

FIFA MODIFICATIONS/EXCEPTIONS:

Law I - The Field of Play

- A) All matches shall be played on the fields assigned by the NVSC Executive Board.
- B) Each team must occupy opposite touchlines; the Home Team has the choice of side.
- C) **All Goals Must** be secured to the ground.

Law II - The Ball

See NVSC Rules of Competition

Law III - The Number of Players

- A) See NVSC Rules of Competition
- B) Even when players are officially disqualified, all matches will be played with an equal number of players per team on the field, i.e., a coach with a red carded player may substitute for that player
- C) If either team lacks the minimum number of players, it is recommended that there be no forfeits and that the players be divided evenly and the game played.
- D) Substitutions are allowed at any time.

Law IV - The Players' Equipment

- A) A player's uniform shall consist of a jersey (shirt), shorts, stockings, shoes, and shinguards. Shinguards are mandatory and shall be worn inside of the stockings. Long pants and sweatshirts are permitted, provided that the team jersey is worn on the outside .
- C) Illegal equipment is not to be worn. If an article of equipment is considered dangerous or confusing by either coach, that article must be removed or covered before play can start or continue.
- D) Jewelry of any type is NOT ALLOWED to be worn (including ear rings). Medical bracelets or necklaces may be worn, but must be taped to the body.
- E) No metal, plastic, wood or other hard pins, barrettes or ponytail holders may be worn. Hair bands with hard plastic balls are also illegal. The use of elastic bands and soft headbands is allowed.

Law V - The Referee

There are no referees for the U4, U5, and U6 age groups.

Law VI - The Assistant Referees (see FIFA Laws)

None

Law VII - The Duration of the Match

- A) See the NVSC Rules of Competition
- B) One of the coaches will keep time.
- C) The match shall consist of four equal quarters

Law VIII - The Start of Play

A) A coin toss at the beginning of the match shall determine who defends which goal. The visiting team shall call the coin toss. The team winning the coin toss chooses which goal to defend in the first half. The team losing the coin toss shall kick-off. At the start of the second half, the opposite team shall kick-off.

B) The beginning of the game and the second half (1st and 3rd quarters) will start with a kick-off, with the teams alternating kick-offs. The beginning of the 2nd and 4th quarters will re-start with a continuation after normal stoppage of play at the end of the 1st and 3rd quarters. If the ball was in play as the 1st and 3rd quarters ended, a drop ball shall be used as the restart.

Law IX - The Ball in and Out of Play

For U4 and U5 matches when the ball crosses the touch lines play will be restarted with a kick in by a member of the opposing team of the player who last touched the ball. For U6 players throw-ins are allowed (see Law XV). Optionally either coach may elect to roll the ball back into play. Players and coaches are encouraged to restart play quickly and focus on keeping the play and game moving.

Law X - The Method of Scoring (see FIFA Laws)

Law XI - Offside

Offsides shall not be called in the U4, U5 and U6 Leagues

Law XII - Fouls and Misconduct

A) Normal fouls are not called unless play is dangerous or reckless. Examples of instances where play should be stopped are: a player is playing or lying on the ground, the ball is picked up, and any kind of kicking or hitting of an opponent.

B) Coaches are asked to deal with spectator problems. Spectators considered to be causing problems should be asked to leave the area. If they won't leave the area, report it to the League or District commissioner and they will handle it.

Law XIII - Free Kicks (see FIFA Laws)

No free kicks for the U4 & U5 age groups. All free kicks for the U6, League shall be **Indirect Free Kicks, including the kick-off**. Opponents should remain at least four (4) yards from the ball until it is in play.

Law XIV - The Penalty Kick

Penalty kicks will not be taken in the U4, U5, and U6 Leagues.

Law XV - The Throw-In

A) In the U6 age group throw-ins are allowed. Players should be encouraged to quickly restart play and no correction should be given for improper throw-ins. There are no throw-ins for the U4 and U5 Leagues. Kick-ins or the coach rolling in a ball shall replace throw-ins for these Leagues.

Law XVI - The Goal Kick

A) For balls that cross the end line it is recommended coaches place the original or another ball quickly back into play.

B) Optionally coaches may elect to have a player quickly kick the ball from the end line or penalty area (if marked) back into play.

Law XVII - The Corner Kick (see FIFA Laws)

A) For balls that cross the end line and are last touched by a player of the defending team for that end line, the ball may be kicked back into play from the nearest corner by a player of the opposing team or another ball rolled in by a coach.

General Notes for Coaches

- It is important to maintain the flow of play in these age groups and provide more opportunities for all players to have touches on the ball.
- Kick-ins, throw-ins, and coaches restarting of play should all be done quickly.