

Hampshire Township Park District
U4 RULES AND GUIDELINES

2019

- 1. Field Size: approx. 20-22 yards wide x 28-32 yards long. Goal box is 5' from goal and 5' out. Penalty box is 10' from goal and 15' out with the idea of goal kicks to the side being rewarded with a shorter distance to the kicking team. Also non-kicking team will line up behind the referee (coaches) for goal kicks.**
- 2. Goal size: approx. 3 feet high x 5 feet wide.**
- 3. Use a #3 ball. Inflated about 90-95% for safety considerations.**
- 4. We will play 4 on 4. No goalies. Hands are not allowed. Coaches are strongly encouraged to get all players involved in the offense. Try not to leave a player back by the goal. Specifically try to keep defenders/midfielders out of the goal box unless that is where the "action" is. When on offense we try to have all players near midfield when the ball is at the other team's side.**
- 5. We will practice for approximately 15 minutes and then play four 5-minute "running clock" quarters. We will substitute in-between quarters. (Both coaches will track time and come to an agreement to stop for subs)**
- 6. All free kicks will be indirect (a second player must touch the ball before a goal can be scored) if we have any.**
- 7. No score will be kept.**
- 8. No offsides. Officials (coaches) are responsible for out of bounds calls.**
- 9. No sliding. We would like the children to remain on their feet.**
- 10. No kicks above the waist.**
- 11. Players should play all positions. With equal playing time for all participants**
- 12. Coaches from each team are allowed on the field, but may not interrupt play (preventing a ball from going in the goal or out of bounds).**
- 13. Shin guards are mandatory.**
- 14. No Jewelry, watches and anything else the refs (coaches) proclaim unsafe will be allowed.**
- 15. Plastic cleats or tennis shoes are appropriate for play.**
- 16. We need a parent/guardian to remain at the site while the activity is running.**