

Hampshire Township Park District
U4 RULES AND GUIDELINES

Spring 2024

1. Use a #3 ball. Inflated about 90-95% for safety considerations.
2. We will play 5 on 5. 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 on defense. 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.
3. We will practice for approximately 10 minutes and then play four 5-minute “running clock” quarters. We will substitute in-between quarters or whenever needed for equal playing time. (Both coaches will track time and come to an agreement to stop for subs)
4. All free kicks will be indirect (a second player must touch the ball before a goal can be scored) if we have any.
5. No score will be kept.
6. No offsides. Officials (coaches) are responsible for out of bounds calls.
7. No sliding. We would like the children to remain on their feet.
8. No kicks above the waist. Players should not try and kick the ball while they are sitting or lying on the ground.
9. Players should play all positions. With equal playing time for all participants
10. 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).
11. Shin guards are mandatory.
12. 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.