

EWZSA Modified Laws for U4 (Indoor Program)

Law I - The Field:

A. Dimensions:

The field of play should be rectangular. 50ft X 64ft. The field should be close to these dimensions; however field space may dictate smaller or larger fields. Try to be as close as possible.

B. Markings: Sidelines and end-lines with pylons or disks

Other markings not necessary for the enjoyment and development at this age group.

C. Goals: Please use either a pop up net, pylons or hockey nets if available, goal mouths for both are to be the same width.

Law II- The Ball: Size 3 ball should be used in practice and games

Law III- Number of Players:

A. Number of players on the field at any time will be 6. Each team with 3.

B. Substitutions: Suggest 2-3 minutes rotating shifts or during any stoppage of play.

C. Playing time: each player SHALL play a minimum of 50% of the total playing time.

D. Teams are co-ed

Law IV - Players equipment:

A. Footwear: Indoor runners or Indoor soccer shoe (no-cleated shoes on indoor fields)

B. Shin-guards and socks covering the shin-guards - Mandatory

C. Jersey/T-Shirt are supplied by EWZSA

Law V- Referee:

Since there are no referees at U4 and the players need to be in close contact with the instructional coach, each team should have a representative on the field. Each person (preferably the coach) will take half a field.

Law VI - Linesmen: No linesmen at this level

Law VII- Duration of Game:

A. The first 25 minutes will consist of skills and drills. Then 5 minute break.

B. Then a 30 minutes game will be played, with 2 x 15 minute halves. (no break)

Law VIII - The Start of play:

A. The start of play shall consist of the visiting team starting with the ball at center.

B. The ball may be played forward or backward at the start of any play.

Law IX - Ball in and out of play:

A. Kick-in's only if ball goes out of bounds. The ball is awarded to the opposite team that put it out of the field of play. Place ball on ground and have the player kick it into the field of play.

B. No throw in's allowed.

Law X - Method of Scoring:

A. Goals will be awarded when the ball is kicked between the cones, pop up net or hockey net.

B. No scoring may occur inside the goal area.

C. Goals must be scored no higher than 3 feet. (If there are no nets)