



EMSA WEST MODIFIED LAWS FOR U4 & U5 – OUTDOOR

LAW I – THE FIELD:

- A. Dimensions: The field of play should be rectangular, approximately 50 feet by 64 feet. 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 discs. Other marking is not necessary for the enjoyment and development at this age group.
- C. Goals: Please use either a pop-up net of pylons or goal mouth. Both are to be the same width (about 4 feet).

LAW II – THE BALL:

- A. Size 3 ball should be used for practices and games.



LAW III – NUMBER OF PLAYERS:

- A. Number of players on the field at any time will be 6, each team with 3 players.
- B. Substitutions: Suggest 2-3 minutes rotating shifts or during any stoppage of play.
- C. Playing time: each player shall receive equal playing time.
- D. Teams and games may be co-ed.

LAW IV – PLAYERS EQUIPMENT:

- A. Footwear: Tennis shoes or soft-cleated soccer shoes (use common sense).
- B. MANDATORY: Shin-guards and socks covering the shin-guards.
- C. Jersey/T-Shirt: Supplied by community or EMSA West.
- D. NO item of jewellery of any sort will be allowed on the field of play. If required, Medical Alert Bracelets may be worn but must be covered or padded for the safety of all players.



LAW V – REFEREE:

- A. Since there are no referees at the U4/U5 level and the players need to be in close contact with the instructional coach, each team should have one (1) representative on the field. Each representative (preferably the coach) can take half of the field.

LAW VI – LINESMEN:

- A. There are no linesmen at this level.

LAW VII – DURATION OF GAME:

- A. The first 30 minutes will consist of Skills & Drills. Parents are encouraged to participate with their child.
- B. This is followed by a 30-minute game of 2 x 15-minute halves.

LAW VIII – THE START OF PLAY:

- A. The start of play shall consist of the visiting team starting with the ball at centre.
- B. The ball may be played forward or backward at the start of play.

LAW IX – BALL IN AND OUT OF PLAY:

- A. Kick-ins only if ball goes out of bounds. The ball is awarded to the opposite team that put it outside the field of play. Place the ball on the ground and have the player kick it into the field of play.
- B. No throw-ins allowed.

LAW X – METHOD OF SCORING:

- A. Goals will be awarded when the ball is kicked between the cones into pop-up 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).

