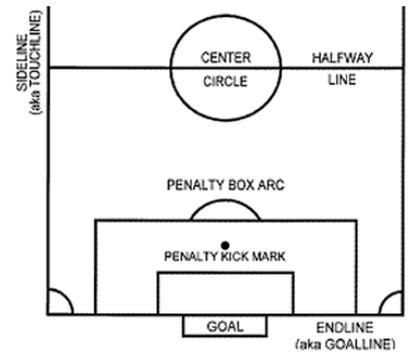


# 4<sup>th</sup> to 6<sup>th</sup> Grade General Information

## Alexander Soccer Club

Top things players should learn/demonstrate at this age group

- \* Have fun
- \* Show good sportsmanship.
- \* Emphasis on passing and team movement.
- \* To challenge kids emphasize using both feet, passing and movement to support teammates.
- \* Midfield play.
- \* Offside used.



### Basic Rules

#### General

1. Use size 4 ball
2. Should wear soccer cleats, must wear shin guards cover by socks or sock/shin guards combination
3. For ball to be out of bounds or count as a goal, the entire ball must cross the entire line.
4. Slide tackling is not permitted.

#### Game setup

1. Referee keeps time – quarters are 12 minutes each
2. 4 quarters per game with a short water break ~3 min break between quarters for coaching and position changes.
3. Teams will play 6v6 or 7v7 (based on the number of kids and coaches available) (includes goalie) – players split between offense and defense, 1 goalkeeper. IF team rosters allow and both coaches agree, teams can play 6v6 or 7v7 when kids are missing for individual games.
4. Coaches must use provided rotation schedule during regular season to ensure all players play all positions.
5. Substitutions are encouraged during each quarter so no player sits an entire quarter.

#### Heading

1. **No headers in practices or games.**
2. A player that **deliberately heads the ball** outside of the goal box will result in an **indirect free kick** from the spot of the offense.
3. A player that **deliberately heads the ball** inside of the goal box will result in an **indirect free kick** from the goal box line (same place as goal kick). Note the kick could be for the offense or defense.

#### Kickoff

1. Referee decides who kicks off first with a coin-toss, paper-rock-scissors, etc.
2. Kickoffs start each quarter or after a goal. One offense player passes to another. Ball must go forward and be touched by a second player (example one player cannot dribble out of or shot from a kickoff).
3. Other team must be out of the center circle and on their half of the field until the ball is touched
4. Kickoffs rotate between teams (1<sup>st</sup> and 3<sup>rd</sup> quarters are red team & 2<sup>nd</sup> and 4<sup>th</sup> quarters are black team)

#### Throw-ins

1. Throw-in restart goes to team not touching the ball last before out of bounds across the sideline
2. Player throws two-handed from behind the head while keeping both feet on the ground.
3. Player must stand with both feet outside of the field of play (behind the line).
4. If the first attempted throw-in needs significant improvement, coach gives instruction, and the player tries again. If second attempt is not successful, opposing team gets possession and begins with a throw-in. This only applies during regular season, there is no second chance during the tournament.
5. There is no offside on throw-ins

#### Goal kicks

1. Attacking team touching the ball last before out of bounds across the end line results in a goal kick
2. Ball is placed anywhere in the goal box
3. Goalkeeper or any other player can kick the ball back into play
4. Both teams must wait for the ball to leave the penalty box. If touched before leaving the box, re-kick.

#### Corner kicks

1. Defending team touching the ball last before out of bounds across the end line results in a corner kick
2. Ball is placed anywhere inside the arcs painted at each corner of the field, corners are marked by flags

#### Handballs

1. The ball hitting a hand/arm when the player's hands are raised results in a direct kick other team

2. A player using his/her hand to direct the ball results in a direct kick for the other team
3. Referees will call handballs. On restarts, opposing team must be a minimum of 10 feet away from kick.

#### Fouls

1. Pushing, grabbing, tripping, or reckless play results in a free kick for the other team
2. Dangerous play (player kicking the ball while on the ground, high kicking) results in free kick for the other team
3. The other team must be 10 feet away from the ball before it is kicked

#### Penalty kicks

1. Awarded when the defending team fouls or deliberately handles the ball in the penalty box
2. Ball placed on the penalty kick mark.
3. All players except kicker and goalie leave penalty box until the kick is taken. Ball is live once kicked.

#### Goalie saves

1. Goalies may use hands anywhere in their penalty box. If used outside of the box, a handball is called.
2. Once the goalie has his/her hand on the ball, the other players must stop trying to win the ball.
3. To restart, goalies can throw or punt from anywhere inside the penalty box. Goalies may also dribble the ball, but the ball is live for the other team to try to win as soon as the dribble starts. Goalies may not pick up the ball after they put the ball down.
4. All players should be encouraged to try goalie, do not force them.

#### Punts

1. An indirect kick is awarded to the opposing team at the center spot on the hallway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponent's penalty area

#### Offside

1. Offside is designed to keep teams from "cherry picking". Referees will judge if a player is offside.
2. If offside, the opposing team restarts the ball with a free-kick where the player was judged to be offside.
3. A player is offside at the time the ball is played in his/her direction if the following are true -
  - a. The player is involved in the play or his/her offside position is influencing the other team –AND –
  - b. The ball or at least two defenders (including goalie) are not between the player and the attacking goal
4. A player cannot be offside under any conditions when on their own half of the field or on throw-ins.

#### Substitutions –

1. A rotation system is used to help ensure players experience various positions throughout games and the season. Players move to a new position each quarter. However, it is not required that they stay on the field for the full quarter in a given position.
2. Unlimited substitutions may be made with the consent of the referee.
3. Substitutes must be at the mid-field line in order to enter the game when one of the following occurs.
  - a. After a goal by either team.
  - b. Before any goal kick.
  - c. Before a throw-in your favor and on an opponent's as long as the opponent is subbing.
  - d. At the beginning of any period of play.
  - e. After an injury.

#### Yellow cards and red cards –

1. Referees are not given yellow and red cards, but they are expected to handle the game as if they did have cards in order to preserve player safety.
2. If a player is viewed by the referee to have committed a foul that warrants a yellow card (reckless play, unsporting behavior, etc.), the player must be substituted and may re-enter the game after 5 minutes.
3. If a player is viewed by the referee to have committed a foul that warrants a red card (dangerous tackles, gross unsporting behavior, etc.), the player must be substituted and may not re-enter the game. They can return the next game.
4. Intentionally handling the ball to prevent a goal will result in a penalty kick awarded to the shooting team, and the player will be substituted and may re-enter the game after 5 minutes.
5. Coaches are also subject to yellow and red cards for unsporting behavior.

Traditionally, we hold a tournament over the last few games of the season. The format and rules may vary from season to season based on the number of teams and players. Tournament rules are summarized in a separate document.