

**PLANO YOUTH SOCCER ASSOCIATION**  
**PLAYING RULES -- UNDER 4 THROUGH UNDER 8**

**1. FIELD OF PLAY**

The field of play is from 20 (twenty) to 25 (twenty-five) yards wide and from 30 (thirty) to 35 (thirty five) yards long. The goal size is 4 (four) feet high and 6 (six) feet wide. These apply to the Under 4 through U8 age groups

- A. Parents and spectators should be located on one side of the field, while the players and coaches are on the opposite side. No spectators are allowed behind the goals.
- B. No objects can be attached to the goals; however flags or objects may be placed behind the goals outside of the field of play to give players directional assistance.

**2. THE BALL**

The ball is a size 3 (three).

**3. TEAMS**

4U-5U teams are Under 4 composed of a maximum of six players(3v3). 6U through 8U teams are composed of a maximum of eight players (4v4). A 4U-5U team may not play with less than two players and a 6U through 8U may not play with less than three players on the field.

- A. Team uniforms must be worn by all players. However, during inclement weather, the referee's discretion will prevail as to whether outer clothing may be worn over the team uniform.

**4. LENGTH OF GAME**

*EACH PLAYER MUST PLAY AT LEAST 50% OF EACH HALF.* A player who arrives at the field after the beginning of the game may not play in the first half. A player who arrives after the beginning of the second half may not play in the game, at the discretion of the coach.

- A. U4-U6 games are 4 ten-minute quarters with a 2-minute half-time period. U7-U8 games are 4 twelve-minute quarters with a 2-minute half-time period.
  - a. Should there be inclement weather, both coaches must agree to shorten the game time.
- B. Substitutions may only be made at the beginning of each quarter or half. Players may not be substituted at any other time. The only exception is if a player is injured or in duress.
- C. Teams that are not ready to play within 5 minutes of published time will forfeit game. A team unable to field the minimum number of required players at game time will forfeit the game. There will be no time stoppage for any reason.

**5. KICK-OFF**

Kick off will be decided at the beginning of the game by a coin toss with the team winning the toss choosing side of the field. The team losing the coin toss will kick off. Teams will switch for the second half.

- A. The first and third quarter start in the center circle. The second and fourth quarter start at the spot where the previous quarter ended.

**6. FREE KICKS**

U4-U6: Kick-off, Kick-ins, goal kick and fouls are indirect free kicks (i.e. a goal cannot be scored by kicking the ball directly into the goal: the ball must first be touched by another player). Defending players must be at least 8 (eight) feet away from the ball at the time of the direct free kick.

U7-U8: All kicks will be indirect free kicks. Penalty kicks will not be given. Instead an indirect free kick will be taken at the place of the foul. Offside will not be called. If an infraction occurs on a throw in, a second throw in must be allowed. The referee shall explain the proper method before allowing the player to re-throw. If an infraction occurs on the second throw in, the referee will allow play to continue. Each half is started with a



kick-off.

## **7. FOULS AND MISCONDUCT**

For all fouls required Direct or Indirect Free Kicks, an INDIRECT kick shall be granted and No yellow or Red cards will be issued to players committing ANY fouls. A timeout shall be called by the referee and he/she will have the coach take the player out to the sideline for repeating infringements by a player. This procedure shall also be followed for a player FIGHTING on the field.

## **8. BALL OUT OF PLAY**

The ball is out of bounds when the whole ball passes over the whole sideline or goal line. Should a ball go out of play, the referee must follow and collect the ball and properly place it on the field in accordance with the applicable rules (i.e. Goal Kick, Corner Kick ect) in order to start play quickly. The ball will be put back in play as follows:

- A. Played over the sideline:
  - a. U4-U6 A kick-in is taken at the point the whole ball crossed the line.
  - b. U7-U8 A throw in is taken at the point the whole ball crossed the line.
- B. Played over the goal line by the defending team: A corner kick is taken by the attacking team from the arc on the side of the field where the ball crossed the goal line. During a corner kick, players are not allowed in the goal area.
- C. Played over the goal line by the attacking team: A goal kick is taken by the defending team from anywhere in the goal area.
- D. A goal is scored when the whole ball passes completely over the goal line between the goal post and under the cross bar. Note: All kicks are indirect; therefore a goal cannot be scored from a restart except as defined unless the ball is touched by two players.
- E. Each half is started with a kick-off. Second and fourth quarters are restarted where play in the previous quarter ended.

## **9. OFFICIATING**

- A. U4-U5: The officiating will be handled by both teams. A Home Team Representative will officiate the first 2 quarters of the game. A Visiting Team Representative will officiate the last 2 quarters of the game. It is requested that a parent and not coaches officiate the game. If a coach is required to officiate, he/she must remember that during the time they are serving as an official, they cannot coach their team. Someone else will need to fulfill this role. All officials' decisions are final except for an ineligible player.
- B. U6-U8: A referee shall be appointed to officiate in each game. The referee has jurisdiction from the time the referee arrives at the field of play. The referee's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned. The referee can stop the game for infringement of the rules and can suspend or terminate the game whenever the referee deems such stoppage necessary, for example, severe weather, interference by spectators and/or coaches. If the official referee does not appear within fifteen (15) minutes after the scheduled game time, a person mutually agreed upon by both coaches may referee the game. The decisions of that person serving as an emergency referee are just as binding as if he/she were a registered referee. Alternatively, the coaches may agree to reschedule the game.

## **10. OTHER GENERAL RULES**

- A. No Goalies: Players are only allowed to stand in the goal box if they are directly playing the ball. Players may play defensive positions, but must move up with the field of play. The purpose of the 4v4 game is for all children to be involved in the action.
- B. Coaches for U6 and above are not allowed on the field during play, unless they are invited by the official for the purpose of assisting an injured player. U4-U5 coaches are allowed to assist their players on the field as necessary, but should be limited to one coach per team.



- C. Kick-ins: All "kick-ins" shall be indirect free kicks. If an infraction occurs on a kick-in, a second kick must be allowed. If an infraction occurs on the second kick, play should be allowed to continue. This is a developmental league and we are here to help the players learn. Please get the kids involved.
- D. Score is not kept during games. At the end of the game there are no winners and losers. ALL kids are winners.