

Thompson Rivers Parks & Recreation District

4U Soccer Rules



Equipment

- Size 3 soccer ball
- Shin guards are required for all participants and must be completely covered by socks.
- Jerseys
- Will be provided by Thompson Rivers Parks & Recreation Department and will be given out the Saturday of the first game.

Players

- Games will be 5 v 5 with no goalie.
- Each player will receive equal playing time with positions being rotated.
- Substitutions shall be made halfway through each quarter of play.

The Game

- Practice - Will be for one half-hour prior to game time. (Will start at the time listed on the schedule)
- Game - Will be a running clock!
- 4U - Four, six-minute quarters
- 5-minute halftime. No change in direction of play.
- All fouls result in a throw in.

Kick off will be used:

- At the start of the game (Clock will start as the ball is moved **forward** in the kick off)
- After a goal has been scored
- At the start of each quarter or half
- The opponents of the team taking the kick-off must be on the outside of the center circle.
- The kicker **may not** touch the ball a second time until it has touched another player
- A goal cannot be scored off of the kick off. If this occurs the ball will be turned over to the other team and done as a throw in.

Throw Ins

- A throw in is awarded when the ball goes out of bounds and was last touched by an opponent. (The ball must cross the line entirely)
- All throw ins will be done from the sideline.
- Throw in must touch another player prior to going into the goal
- A correct throw in will be counted if:
 - Both hands are on the ball at its sides
 - Both feet are touching the ground at the same time of the throw
 - Throw need to be done over the head
 - If throw in is done wrong the referee will have the same child re-do it, if it is still done wrong the ball will be turned over to the other team.

Coaches

- One coach per team is allowed and suggested to be on the field while the game is being played. Head coaches will officiate and keep time.

Weather Cancellations

- In case of inclement weather, games will be canceled at TRPR's discretion and will be updated on the weather line (970-572-7888)
- Make up games will only be made if time allows.