



*East Shelby Church
Recreation Association*

Under 5 Soccer Rules

Age This division is for players 4 years old, determined by their age on June 1, which will be used for the entire school year.

Ball Size Size 3

The Game

- 4 v 4 - NO Goalie (Players cannot play back in front of the goal or use hands)
- 4 Quarters; 8 minutes long
- Breaks of 1 minute between quarters; and 5 minutes for halftime
- **No Headers or Punts**...Goal Kicks are taken by a player from the top of the box
- In order to prevent injuries, **NO SLIDE TACKLES**.

The Start of Play

- Games will begin with an Admin Meeting and a prayer at center field with players.
- The start of play will be determined by a coin toss. The team that wins the toss will choose which goal they want to defend first. Kickoff will then alternate at the start of each quarter.
- Teams are encouraged, but are not required to switch goals after halftime.

Ball In and Out of Play

- Throw-ins will be used to restart play when the ball wholly passes over the sidelines.
- Corner kicks/Goal kicks will be used when the ball wholly passes over the goal line (not a goal).

The Score

- No league standings will be kept. We want to emphasize fun, fellowship and instruction.

Fouls and Misconduct

- All penalty kicks and free kicks will be indirect with opponents at least 5 yards away.
- Referee should briefly explain all infractions.
- No offside rule in effect.
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Definition of Indirect Kicks:

- Indirect kicks must first touch another player before they can count as a goal. If an indirect kick is shot into the goal and does not touch another player first, the goal does not count and a free kick is awarded to the defending team.
- During free kicks, the kicker may not play the ball a second time until it has been touched or been played by another player. A kicker taking a penalty kick may not touch the ball if it rebounds off of a goalpost or crossbar until another player touches it.

Players

- Maximum number of players on the field at any time is 4 (NO goalie).
- Suggested max number on each roster is 8.
- Every player must play at least 50% of the game if they are physically able.
- Each team must have at least 4 players to begin the game. We strongly suggest playing the game even with borrowed players from the other team.

Substitutions

- Unlimited Substitutions, at midfield.
- Before goal kicks by either team, OR between quarters
- After a goal is scored by either team and during an injury time-out
- Before a throw-in (by the team in possession of the ball). If the team in possession of the ball makes a substitution, then the other team may substitute as well.
- If a player is not injured but needs to come out of the game because of fatigue, cramps or is not feeling well, the coach may substitute at any time during the game at mid-field. The player coming out of the game must be off of the field before the substitute player may enter the playing field.

Head Coach

- Head Coach is identified as the speaking representative at the pre-game Admin Meeting.
- The Head Coach will be responsible for behavior issues related to coaches, players and fans.
- **ONE** (1) coach is allowed on the field, staying on the outside to not interfere.
- Coaches are responsible for seeing that the bench area is cleaned after each game.



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The Field

- **Dimensions:** Width 30 yards Length: 50 yards
- **Markings:** Distinctive lines are recommended for the following:
- **Halfway line with a center circle:** Radius: 6 yards
- **Corner arcs:** Radius: 1 yard
- **Goal Box:** Depth: 6 yards Width: 12 Yards
- **Goals:** Height: 6 feet Width: 8-12 feet

The Equipment

- Tennis shoes or soft-cleated soccer shoes.
- Shin guards are **MANDATORY** for practices and games.
- Matching shirts/jerseys are required and must have the Church name on them.

The Referee

- **One** referee will be assigned by the League
- Game should focus on: instruction, fun, fairness and safety
- If a referee does not show up for a game, coaches should officiate together.
- In this case, **PLEASE** inform the Site Director and **YOUR** organization's Director.

Mission Statement

Our mission is to provide and promote recreation between churches in the Shelby County area in a Christ-honoring environment.

Our Purpose

- Provide athletic competition for all ages.
- Promote an environment that will assure a spirit of fair play and sportsmanship.
- Promote participation in team sports.
- Encourage fellowship that honors Jesus Christ.

Age/Grade Exemptions

- In special circumstances, an exemption may be granted for a player to play in an age group for which he/she is too old.
- All exemptions requests must be made by Recreation Director by filling out the Exemption Form on the ESCRA website. Churches will be notified concerning the status of the exemption.
- All approved exemptions can be revoked if the exemption is deemed not appropriate.



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Team Rosters

- Rosters must be kept by each Organization's sports director/coordinator.
- Girls may play on a boys' team but boys may not play on a girls' team.

Playing on More Than One Team

Players are not allowed to play on more than one team within the same sport season. Anyone playing for his/her school, playing on a competitive team or playing in another league/association within the same sport season may not play in the ESCRA league.