



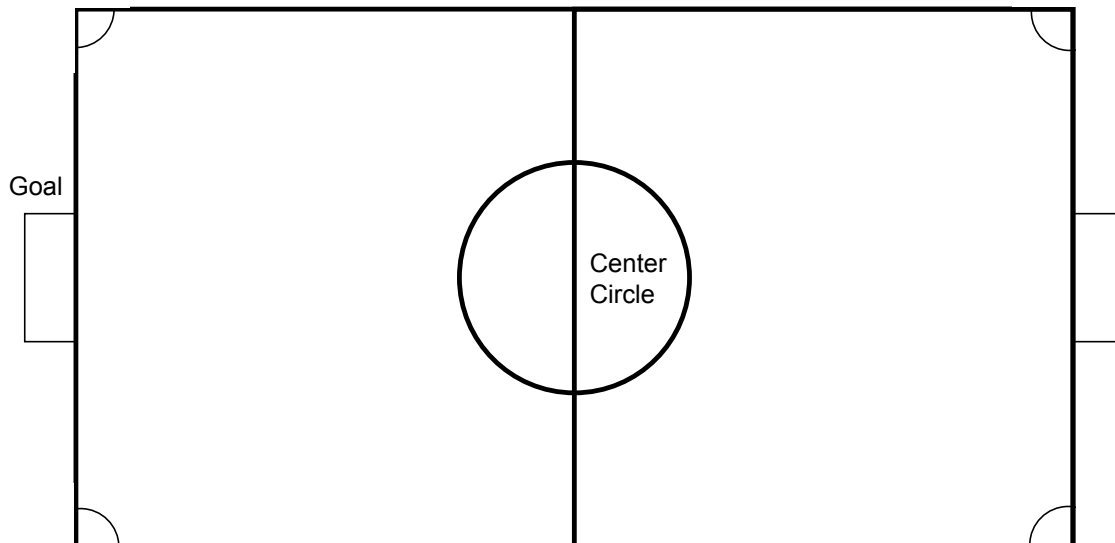
Capital Soccer Association

MODIFIED RULES OF THE GAME FOR U6/U7

4V4 Under 6/ Under 7 - Laws of the Game

Soccer has 17 rules called Laws of the Game. These are Capital Soccer Association's recommended modifications to the Fédération Internationale de Football Association (FIFA) Laws of the Game for U6/U7.

Law 1.) The Field of Play – flat, grassy field; Field dimensions at Morningside Soccer Complex are approximately 120' x 75'.



Law 2.) The Ball - size 4.

Law 3.) Number of players - A match is played by two teams, each consisting of not more than four players. There are NO goalkeepers. *Substitutions*: At any stoppage and unlimited. *Playing time*: Each player SHALL play a minimum of 50% of the total playing time. Teams and games may be coed.

Law 4.) The Players Equipment - A player must not use equipment or wear anything, which is dangerous to himself or another player including jewelry. The basic compulsory equipment of a player is: a jersey or shirt, shorts, stockings, footwear, shinguards are covered entirely by the stockings, are made of a suitable material and provide a reasonable degree of protection. Non uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5.) The Referee - An OFFICIAL (Game Manager or Coordinator or Parent or Coach) may be used. All infringements shall be briefly explained to the offending player.

Law 6.) Assistant Referees - None.

Law 7.) The Duration of the Match - The match shall be divided into 4 equal, 12-minute quarters. There shall be 2-minute break between quarters one and two and another 2-minute break between quarters three and four. There shall be a half-time interval of 5 minutes.

Law 8.) The Start and Restart of Play - A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The teams switch halves at halftime. Each team alternates taking the kick-off at the beginning of each quarter. A goal may be scored directly from the kick-off. After a team scores a goal, the other team takes the kick-off. A kick-off is a way of starting or restarting play:

- At the start of the match
- After a goal has been scored
- At the start of each quarter of play

Procedure:

- All players are in their own half of the field
- The opponents of the team taking the kick-off are at least 4 yards from the ball until it is in play
- The ball is stationary on the center mark
- The referee gives a signal
- The ball is in play when it is kicked and moves forward
- The kicker does not touch the ball a second time until it has touched another player

Law 9.) Ball In and Out of Play - The ball is out of play when:

- It has wholly crossed the goal line or touch line whether on the ground or in the air
- Play has been stopped by the official.

The ball is in play at all other times, including when:

- It rebounds from a goalpost or crossbar and remains in the field of play
- It rebounds from the official when they are on the field of play

Law 10.) Method of Scoring - A goal is scored when the whole to the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11.) Offside - None.

Law 12.) Fouls and Misconduct - The following fouls and misconduct are penalized:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.

All fouls shall result in a direct free kick. The official/coach/parent must explain ALL infringements to the offending player. No cards shown for misconduct.

Law 13.) Free Kicks - All free kicks are direct and opponents are at least 4 yards from the ball until it is in play. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player. If the free kick is kicked directly into the opponents' goal a goal is awarded. If a free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

Law 14.) Penalty Kick - None.

Law 15.) The Throw-In - A throw-in is a method of restarting play from the sidelines. (A kick-in may be used in place of a throw-in for the U6 age division and is considered as a direct free kick with the opponents 4 yards from the ball until it is in play.) A goal cannot be scored directly from a throw-in. A throw-in is awarded:

- When the whole of the ball passes over the touch line, either on ground or in the air
- From the point where it crossed the touch line
- To the opponents of the player who last touched the ball

At the moment of delivering the ball, the thrower:

- Faces the field of play
- Has part of each foot either on the touch line or on the ground outside the touch line
- Uses both hands
- Delivers the ball from behind and over his head

The thrower may not touch the ball again until it has touched another player. The ball is in play immediately it enters the field of play. For this age group an improperly performed throw-in can be retaken once.

Law 16.) The Goal Kick - A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when:

- The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

Procedure:

- The ball is kicked from any point within the goal area by a player of the defending team
- Opponents must remain outside the goal area and at least 4 yards from the ball until it is in play
- The kicker does not play the ball a second time until it has touched a second player
- The ball is in play when it is kicked directly beyond the goal area

The goal kick should be taken within 2-3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be 4 yards away from the ball until it is in play.

Law 17.) Corner Kick - A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air.

Procedure:

- The ball is placed inside the corner arc nearest to the corner
- Opponents remain at least 4 yards from the ball until it is in play
- The ball is kicked by a player of the attacking team
- The ball is in play when it is kicked and moves
- The kicker does not play the ball a second time until it has touched another player

ADDITIONAL CSA RULES

- Roster Size: The recommended minimum roster size is six players and the maximum roster size is eight players.
- Playing Time: A minimum of at least 50% playing time is required.
- No score or standings should be kept.
- Opposing coaches, players and parents should shake hands after each match.
- Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- Spectator and team benches should be on opposite sides of the field.
- No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.
- No slide tackles to be allowed in this age group.

ADVANTAGES OF PLAYING SMALL SIDED GAMES

- More time with the coach
- Energetic workouts due to playing both offense and defense
- More efficient use of field space
- Children are physically more efficient in smaller space
- Children are actively involved for a longer period of time
- It takes less time to score a goal or advance to goal
- Greater success rate for the players