



NATIONAL YOUTH SPORTS RULES SOCCER 4-5 AGE DIVISION

OUR MISSION

The mission of all our programs is to strengthen the individual, the family, and the community through participation in youth sports. Each program is centered around sportsmanship and emphasizes fun and the importance of fair play.

Our goal is to offer an amateur sports program, through a volunteer base, for all participants to grow in physical, mental, and moral development through recreational competition and to promote excellent citizenship, sportsmanship, and teamwork, exemplified by our coaches and parents.

SPECTATORS

1. NO DOGS OR PETS ALLOWED AT ANY NYS GAMES.
2. NO TOBACCO, VAPE, ALCOHOL OR DRUGS ALLOWED AT ANY NYS EVENTS.
3. NO CHALLENGING OR ABUSING REFEREES, PARTICIPANTS OR SPECTATORS. PLEASE MODEL EXCELENT SPORTSMANSHIP.

ATTIRE

4. The NYS provided jersey or approved custom jersey **MUST** be worn to participate in games.
5. Jerseys must be tucked into shorts.
6. Shin guards are mandatory and **MUST** be worn under socks for practices and games.
7. No jewelry, hats, open-toed shoes, or metal spiked cleats may be worn.

FIELD

8. The field dimensions shall be approximately 30 yards wide and 60 yards long.
9. The goal size will be 5 feet high by 8 feet wide.
10. All players not playing in the game must be 5 yards behind the sidelines.
11. Players should remain in one area, designated by the coach, so they can be seen and be given equal playing time.
12. Spectators must be a minimum of 10 yards behind the sidelines, and at least 10 yards away from goal (end) lines.
13. One coach from each team is allowed on the field to instruct players.

TEAM

14. Players must be listed on the official season roster to be eligible to play in practices and games.
15. All players present at the game are required to play in each game.
16. Every player must play at least half of every game and play in both halves.
17. The Head Coach has the authority to limit game playing time of any player on their team who continually misses practice without a valid excuse, or if the player has caused disciplinary problems during a prior practice or game.
18. Each team will have a maximum of 14 players on their roster (Only coaches may approve a higher roster limit for their team).
19. The game will be played 7 vs 7 including the goalkeeper.
20. If the game cannot be played 7 vs 7, then it will be played with as few as 5 players on a side, still with one player distinguished as the goalkeeper. Teams may share players to keep original format.



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RULES

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GAMEPLAY

21. Each match will begin with a coin toss. Home team calls heads or tails. (Home team is listed first on the game schedule.)
22. The winner of the coin toss will choose to either kick off or declare which goal they will attack in the first half; the loser will then have the remaining option. The reverse will occur to start the second half automatically.
23. The soccer ball size is size 3
24. The game will consist of four, 8-minute quarters with a 3-minute halftime and 2-minutes between quarters.
25. Absolutely no slide tackling.
26. Players must throw-in the ball after any out-of-bounds play over touch line/sideline.
27. Substitutions may only be made with the referee's acknowledgment.
28. Substitutions will be allowed during the following breaks in play for either team:
 - Kickoffs, including after a goal has been scored
 - Throw-in
 - Goal kick
 - Corner kick
 - Injury
29. The referee, according to the infraction, will award direct or indirect free kicks.
30. BENEFIT OF THE DOUBT- the referee will interpret if a child is attempting to do a skill properly and may choose not to make a call based on "advantage".
31. ADVANTAGE CLAUSE - The Referee, in their judgement, may choose to allow a play to continue after a rule infraction, if it would result in an "advantage" to the fouling team to stop play. The theory is that the team that was fouled should not be punished by having an attack stopped which might result in a goal or more succinctly, that the team which committed the foul should not gain an advantage because of the foul.
32. NO FORFEITS.



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CONCUSSION RECOGNITION - SIGNS AND SYMPTOMS

Concussions are a serious injury. One misconception is that concussions are a football or contact sport related injury. Concussions can occur in any sport or recreational activity.

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Cannot recall events prior to hit or fall
- Cannot recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right” or is “feeling down”

You cannot see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for days, weeks, or longer.

SPORTSMANSHIP/CODE OF CONDUCT

- Shouting of negative comments by any coach or spectator to any opposing player, official, staff member or to the opponent’s sideline is strictly prohibited. Any violation will result in a sideline infraction.
- If any person not included in the team roster (coach or player) enters the field/court of play. The referees and/or site supervisor have the discretion to end the game immediately.



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Player Code of Conduct

- I will remember that games are played for fun!
- I will display good sportsmanship ahead of my own personal desire to win.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents, and coaches.
- I will show respect to all game officials, coaches, players, and parents and never act in a manner that would be disrespectful toward them.
- I will not use drugs, tobacco or alcohol at any National Youth Sports practice or game and will remind others on my team not to do so.
- I will shake hands with the other team at the conclusion of all games.
- I will shake hands with the officials at the conclusion of all games.
- I will remember that youth sports are played for fun!

Parent Code of Conduct

- I will be a role model for my team demonstrating how to treat other players, parents, officials, and coaches with respect always.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents, and coaches.
- I will show respect to all referees, officials or umpires and never act in a manner that would be disrespectful toward them.
- I will be an encouragement to all players on all teams regardless of the score.
- I will place my child's emotional and physical wellbeing ahead of my own personal desire to win.
- I will volunteer to help my child's team by coaching, officiating, planning team parties, team pictures, and team trophy orders, phone calls and/or other needs.
- I will not use drugs, tobacco or alcohol at any National Youth Sports practices or games and will remind other parents not to do so.
- I will remember that the game is played for the youth and not for the adults.
- I will encourage my child to shake hands with the officials and the other team at the conclusion of all games.
- **I understand that I and possibly my child will be suspended without warning from the league for any violation of this Parent's Code of Conduct.**