

Micro U4 & U5 Soccer Rules

Micro soccer within the Kitchener Soccer Club is played 4 on 4. This format is used for young players in the under 4 (U4) and under 5 (U5) age groups. Micro soccer is very non-competitive and; thus, there are no formal playing rules. The total time allocated per session is 60 minutes; 15-20 minutes for a warm-up/skill introduction; 25-30 minutes of straight game play, followed by 5 minutes at the end for a snack. The following are general guidelines used for game play:

Nets:
The Club has provided all coaches with two orange pylons that will be placed on each end line, nine feet apart, to serve as the nets during game play.

Balls:
KSC has provided every player with 1 size 3 ball. It is the responsibility of each player to bring their soccer ball to all games. The coach will choose one ball to be used as the game ball.

Players and parents, please ensure the ball is properly pumped up during the season. It is advised every player have his/her name printed on the ball so it is not lost. KSC will replace any faulty ball.

Practice/Skill Session:
The practice session will focus on fun, and will be used as an opportunity to provide kids with an introduction to the basic skills of the game. Coaches are encouraged to demonstrate the fundamentals, such as dribbling, passing, receiving and shooting (bearing in mind the age and physical capabilities of the players). Additional practices between games are not encouraged at this age group.

Playing the Game:
The first rule of Micro soccer is to have fun! Children do not need complicated rules and elaborate instructions can be discouraging. The principal behind the game is to have participants enjoy playing, strive to improve, and want to continue.

1. **The Field:** Field dimensions are 30 yards long x 20 yards wide. Each net is 9 feet wide and will be marked with orange pylons. **Every micro field will be lettered A to E** – check the schedule to see the field on which your child is playing every week.
2. **The Team:** Teams have a maximum of 8 players. There are 4 players on the field at a time.
 - There will be **no** goalies
3. **Substitutions:** Players will be substituted in and out as a unit of 4 if there are sufficient substitutes. All players will rotate throughout every position with each round of substitutions. Substitutions should be done regularly (every 3-4 minutes), so players are not sitting out for too long.
4. **Offsides:** There are no offsides in Micro soccer.
5. **Playing Time:** There will be a 15-20 minute warm-up/skill session followed by a 25-30 minute game. Typically there is no half-time; however, if coaches agree, there can be a halftime used for snack, instead of waiting until the end of the game. All players are to be played equally.
6. **Coaching:** One coach from each team will be allowed on the field with the players during the scrimmage. In addition to coaching their players, the coaches will act as the referees. Coaches may not interfere in the play in any way.
7. **Objective:** As this is a development-oriented format, winning the scrimmage is not the primary objective. Coaches should de-emphasize winning and losing and focus on good play and applying what has been taught. Having fun and providing positive feedback when a skill has been applied should be the ultimate goal.