

Grade 3/4 Rules Overview

1. No jewelry except for properly secured Medical tags shall be allowed. Taping over earrings is not allowed.
2. A player may not wear any casts in games or scrimmages, even if wrapped and/or given approval by a doctor.
3. All players shall wear shin guards. Shin guards must be covered by socks.
4. Cleats are highly recommended, but not required. Cleats shall conform to FIFA regulations and shall not have exposed metal or a spike on the toe.
5. Heading the ball is not allowed for any players in Grade 5/6 and below. Heading the ball during a game will result in an indirect kick for the opposing team.
6. For Grade 3/4 and below, at the taking of a goal kick all defending players must be no closer than the midfield line until the kick is taken by the offensive player.
7. For Grade 3/4, a ball put into play by a goal kick or a kick or throw by the goalkeeper must be touched by a player or the ground before it crosses the midfield line. A violation of this rule shall result in an indirect free kick for the opponent at the point the ball crossed the midfield line.
8. There are no offsides for Grade 3/4 and below, however coaches should not allow their players to constantly play in an obvious offside position for the purpose of trying to create easy scoring chances (“cherry picking”).
9. Goal keepers shall have a different colored uniform than the other players on the field. Pinnies are acceptable to ensure the color differentiation.
10. No overtime is played during the Fall Recreational season.
11. Substitutions shall be made with the consent of the referee by either team if the substitute is at the halfway line immediately prior to the following times. The player leaving the field will exit at the halfway line and the substitute will enter at the halfway line.
 1. Prior to goal kicks,
 2. Prior to re-starts after goals,
 3. Prior to re-starts at the beginning of the second half,
 4. Prior to throw-ins if the team in possession of the ball substitutes, and
 5. Prior to re-starts after an injury stoppage (A substitute for an injured player need not be standing at the halfway line immediately prior to the injury.)
12. If an injury requires the coach’s attention on the field of play, then the player, including the goalkeeper, must leave the field of play until the next allowable substitution. In the event this causes the game to be suspended due to the shortage of players, then the removed player shall be allowed a five (5) minute recovery period before a final decision to resume is made.

13. No substitution is allowed for any player ejected (Red Carded) from the field of play by the referee, nor is any player allowed to leave the field of play without permission of the referee. (A coach may remove a player, with the referee's permission, from the field who has been cautioned by the referee without substitution. The cautioned player may not re-enter nor be replaced until the next legal substitution opportunity.)
14. Any player issued a red card during a match shall be suspended for the following match. All cards must be reported to the referee coordinator and league president.

	Grade 3/4
Grade Requirements	4 th Grade & Lower
<i>Former Age Group</i>	<i>U10</i>
No. of Players	7 v 7
Playing Time (minutes)	Game: 2 x 25
Halftime (minutes)	5
Goalkeeper	Yes
Offside	No
Heading	No
Ball Size	4
Goal Size	6' x 12'
Maximum Field Size (yards)	80 x 55