



## SOCCER RULES

### 4-7 YR OLD

One Goal Sports Soccer is designed to provide a platform for introducing young impressionable boys and girls, their families and friends to the GLORY of Jesus Christ. As an OGS coach, you have adopted our ambition to set aside your personal pursuit of glory in hopes of celebrating and honoring the magnificence of God Almighty.

#### **Ways to celebrate and honor the magnificence of God Almighty through soccer:**

1. Focus on player and individual growth (physically and spiritually) more than the score or final outcome
2. Always build EVERYONE up with your words (*Colossians 4:6*) and by your actions (*Hebrews 12:14*)
3. Continually ask yourself this question in practices and games, "To what end am I making this decision?" (*1 Corinthians 10:31*)

#### **Your involvement as an OGS coach is by no mistake. God has strategically placed you in this role to:**

1. Unveil your need for HIM as your Savior (*Isaiah 53:6*) (*Psalms 14:2-3*) (*Romans 3:23*)
2. OR expose fruitless deeds of darkness (*Ephesians 5:1*)
3. OR conform you to the likeness of Jesus Christ (*Romans 8:29*)
4. OR all of the above

#### **Primary Coaching Objectives for 4-7 year old Soccer:**

1. Glorify God!
2. Basic Fundamentals (Dribbling, Running, Throw-ins, Positions, Goalie, etc)!
3. Encourage Running!
4. Glorify God!

When you teach these things while framing it with God's glory, the by-product will always be FUN!!!

### **I. GENERAL**

- 1.01 **Time** - Games will consist of four (4) ten (10) minute quarters (time kept by referee) with a pause for substitutions every ten (10) minutes.
- 1.02 **Halftime** - Halftime will be after the second (2<sup>nd</sup>) quarter.

- 1.03 **Players** - Teams typically consist of no more than 14 players (exceptions apply due to registration). All teams are created based on registration details such as; 1.) Age, 2.) Height, 3.) Weight 4.) Number of seasons, and 5.) Skill ability as assessed by the parent.  
**Players on the Field** - each team will play seven (7) players during a quarter (goalkeeper, 2 defenders, 2 forwards, and 2 midfielders). **NOTE:** Forwards should maintain their positions on the offensive side. Likewise, defenders should maintain their positions on the defensive side.
- 1.04 **Wrist Bands** – All 4-7 year olds will wear colored wrist bands provided by OGS during game play. These bands will serve to help players, coaches, and referees visually identify correct positioning during play. Coaches should make every attempt to play each player in each position multiple times throughout the season. The “goalkeeper” position can be a scary position for many kids. It is not helpful to force kids to play goalkeeper. An incentive that has worked for many coaches so long as it does not violate RULE 5.05 is to offer any player willingly to play goalkeeper an extra quarter of play (contingent that one or more players are able to play 3 quarters due to roster size).
- Goalkeeper – Lime Green Goalkeeper Shirt
  - Defenders – RED Wrist Bands
  - Midfielders – BLUE Wrist Bands
  - Forwards – GREEN Wrist Bands
- 1.05 **Timeouts** - No timeouts, except for injury or other irregular, extended stoppage of play.
- 1.07 **\*Coaches** –
- 4-5 year olds - **ONLY ONE** coach is allowed on the field during play in the 4-5 year olds. The on-the-field coach and goalie coach should NEVER be inside the penalty box area unless the ball, during game play, is on the opposite end of the field.
  - 6-7 year olds – Coaches are **NOT** allowed on the field during game play in this division. Goalie coaches are allowed as long as they do not step on the field.
- 1.08 **\*Offside** - The offside rule may be enforced if an offside penalty occurs. This call is at the referee’s discretion.
- 1.09 **Ball Sizes** - 4-7 co-eds will use a size 3-ball.
- 1.10 **Player Attire-**
- Jerseys tucked in before play begins - All jerseys need to be tucked in during games. NO modifications to team shirt (jersey). Do not cut off sleeves or alter team uniforms in any way.
  - Approved jerseys only - Players **MUST** wear approved One Goal Sports’ team jerseys for the current season. Any player with an unapproved team jersey may be removed from the field of play, unless otherwise approved by OGS staff. **Players MAY NOT switch jerseys during the game.** *If you need to reorder a jersey it will cost \$15.*
  - No jewelry – Earrings, bracelets, necklaces, rings and all other jewelry cannot be worn during game play.
  - Glasses – Prescription sunglasses and eyeglasses may be worn during game play for medical reasons **ONLY** and if accompanied with a doctor letter to the OGS coach to be presented to the OGS referee. The head coach may keep a copy of the letter in his/her coach folder throughout the season for easy access. These glasses **MUST** have straps attached to them in case they fall off. Otherwise, only wrap around prescription or non-prescription goggles may be worn.
- 1.11 **Player Attire (Shin Guards)** - Shin guards are required during play. Any player without shin guards will be removed from field of play. Player’s socks must cover all shin guards at ALL

TIMES. Exposed shin guards may also result in removal from game play until the issue is corrected.

- 1.12 **Player Attire (Coats/Jackets)** - Players are NOT allowed to wear a coat, jacket, or any type of clothing over the team jersey. If it's cold, have your child/players wear multiple layers underneath his/her jersey.
- 1.13 **Player Attire (Hats/Gloves)** – Players may wear form-fitting hats such as toboggans, beanies etc. Baseball hats and all other hats that protrude from the head or have hard materials are prohibited. Goalkeeper gloves and winter gloves may be worn if necessary.
- 1.14 **Physical Play** – Soccer is a contact sport. As a coach, it is your duty to educate parents and yourself how to manage such contact. Shouldering and minor pushing is part of the game and coaches as well as referees are encouraged to monitor a healthy level of physicality during play.

## II. KICK-OFFS

- 2.01 **The Initial Start** - Games will begin with kickoff from center circle.
- 2.02 **Kick-off** - Opposing team must be outside the center circle and on their half of the field until the ball is kicked. The team kicking off must touch the ball twice before the ball leaves the circle. The opposing team may charge the ball once it has been touched once.
- 2.03 **Goal** - After a goal is scored, the team scored on will kickoff.
- 2.04 **Kicker** - The kicker may not touch the ball again until another player has touched it.

## III. FREE/PENALTY KICKS

- 3.01 **Direct Kick** - All free and penalty kicks will be direct.
- 3.02 **Direct Kick** - Direct kicks *may* result in a goal.
- 3.03 **Free Kick** - Free Kick occurs when either the ball has been touched by a player or when an action is considered by the referee to be careless, reckless or using excessive force including when a player (a) kicks, (b) trips, (c) jumps at, (d) charges, (e) strikes, (f) pushes, (g) high kick, (h) or holds another player.
- 3.04 **Free Kick** - Defenders must stay 5 yards away from the kicker for 4-5 and 6-7 year olds.
- 3.05 **Penalty Kick** - Penalty kicks will occur in the event an offensive player is fouled in the penalty box or a defensive handball occurs.
- 3.06 **Penalty Kick** - All players must stay outside penalty box until the kicker kicks the ball.
- 3.07 **Penalty Kick** - The fouled player will take the penalty kick.
- 3.08 **Penalty Kick** - The goalie for the defending team must have both feet (any part of the feet) on the goal line at the beginning of the penalty kick.

## IV. OUT OF BOUNDS

- 4.01 Any ball that **completely** crosses over the boundaries of the playing field is out of bounds whether in the air or on the ground.
- 4.02 **Goal Kicks** - If a ball goes out of bounds over the end line and was last touched by the attacking team, the defending team may place it anywhere on the goal box and kick it back into play. The opposing team must stay outside of the penalty box until ball exits the penalty box. The kicking team may have other players in the box, but the ball cannot touch them before exiting the penalty box.
- 4.03 **Corner Kicks** –

- (4-5 year olds) – NO - There will be no corner kicks for this age bracket. If a ball goes out of bounds over the goal line resulting in a corner kick, a player will perform a throw-in from the corner.
  - (6-7 year olds) – YES – any ball that crosses over the goal line that is last touched by the defending team will result in a corner kick.
- 4.04 **Throw-Ins** - If a ball goes out of bounds on the sideline, the team that did not touch it last will gain possession and return the ball in play with an overhead throw-in. The ball must be touched by both hands, drawn back over the head and released simultaneously. Both feet must be on the ground at the time of release. A player may drag a foot, but cannot jump.
- (6-7 year olds) – Improper throw-ins will be called and result in a turnover for all players in the 6-7 age division.
- 4.05 Any player may kick goal kicks.
- 4.06 Goalkeeper must stay within the penalty box to use her/his hands otherwise the result is a direct kick for the opposing team.
- 4.07 Goals CANNOT be scored on a direct throw-in.

## V. PLAYER PARTICIPATION

- 5.01 **Playing Quantity** – Each player should play at least half of the game (2 full quarters). A player cannot play 3 quarters unless all players have played 2 quarters or are playing in their 2<sup>nd</sup> quarter. A player cannot play 4 quarters unless all players have played 3 quarters or are playing in their 3<sup>rd</sup> quarter.
- 5.02 **Substitutions** - Substitutions will ONLY be made at the conclusion of each 10-minute quarter unless otherwise specified by the referee due to an injury or an unsportsmanlike matter.
- 5.03 All substitution rules are subject to the individual player's willingness to play (Encourage your players to play, but don't force them)
- 5.04 **Medical Substitutions** - Substitutions may be made for health related concerns. Please notify the referee if such a change should occur.
- 5.05 No player will play two quarters more than any other player in a game, unless rule 5.04 occurs.

## VI. FOULS

The following are all direct kick fouls further explained.

- 6.01 **Slide tackling** - No slide tackling allowed. Players are encouraged to stay on their feet. After the first occurrence, the referee will stop play and explain the violation to the child (warning). If sliding persists, the referee has the right to remove the player from the field while the coach further explains the violation. At this point, the team will play a man down.
- 6.02 **Handballs** - *opposing team is awarded a direct kick.*  
Unless the ball is deliberately touched, diverted, or picked up by any player other than the goalie (unless goalie is outside of penalty box) a call should not be made. A direct kick will be given to the opposing team if a handball is called due to a player deliberately picking up/touching the ball.
- 6.03 **Goalkeeper obstruction** - a player cannot attempt to prevent the goalkeeper from putting the ball into play by standing directly in front of the goalkeeper.
- 6.04 **NO HEADING** — If a player voluntarily heads the ball, a direct free kick will be awarded to the other team at the spot of the foul.
- 6.05 **Unsportsmanlike** - Any conduct by a player deemed as unsportsmanlike by the referee will result in a direct kick and may result in removal of the player for the remainder of the period.

- 6.06 Any team that has a player temporarily suspended from play by a referee for dangerous play or unsportsmanlike conduct will play a man down until the player has served his penalty (As decided by the referee).
- 6.07 **Advantage** - The referee may decide not to stop play due to a foul if it would be to the advantage of the fouled team to not stop play. The team that was fouled should not be punished for having an attack stopped; conversely the team, which committed the foul, should not gain an advantage as a result of the foul.

## VII. GOAL KEEPING

- 7.01 The designated goalkeeper is able to use his/her hands inside the penalty box only. Outside of the penalty box, he is regarded as a normal player.
- 7.02 A goalkeeper may not touch the ball with his hands after it is deliberately kicked to him by a teammate (It is okay for a goalie to pick up an accidentally kicked or deflected ball made using the head, chest, knee, etc.). If a goalkeeper touches the ball with his/her hands that has been passed to him/her from a teammate, a handball penalty will be called and a direct kick will be awarded to the opposing team.
- 7.03 A goalkeeper may not touch a ball with his hands on a throw in from a teammate.
- 7.04 A goalkeeper, inside the penalty box, who loses possession of the ball (holding the ball and drops it), may regain possession with his/her hands so long as the ball has not traveled outside the penalty box area or the goalkeeper has not made contact with ball with his/her foot.
- 7.05 **Punting (Dropkicking)** - punting (dropkicking) is illegal

## GAME ENDS IN A TIE – (SHOOT-OUTS)

*Although One Goal Sports does not officially keep score, the purpose of a shoot-out is to allow players the chance to score that they may not otherwise get during regulation or season.*

- 8.01 **Shoot-Out**- A shoot-out may occur if at the end of the game the following conditions apply.
- 1.) The game is tied at the end of regulation
  - 2.) Everyone agrees to abide by the shoot-out rules
- 8.02 **Shoot-Out Rules**- The shoot-out can last a maximum of 2 rounds. Rounds 1 & 2 **MUST** consist of players who have **NEVER** scored during the season. Players may repeat multiple rounds if so desired by the coaches. In the event that a team participates in multiple shoot-outs during the season, we ask that coaches rotate players as best as possible. Any player from each team may be selected as goalie throughout the shoot-out (different goalies may be selected for each round). The goalie's feet (any part of the feet is permitted) must be on the line at the time the shot is taken. The shoot-out begins with the referee selecting a team to begin the challenge. Shots will alternate between teams until a round ends or unless the score dictates a winner. If at the end of Round 1, the score remains tied, teams will move on to Round 2. If the score remains tied after Round 2, the game will be declared a TIE.
- Round 1 = Coaches from each team must select three (3) players who have never scored during the season (if all players have scored, do not select your strongest players for Round 1).
  - Round 2 = Coaches from each team must select one (1) player who has never scored during the season (if all players have scored, do not select your strongest player for Round 2).

## **VII. GENTLEMAN’S RULE**

8.01 EVERY COACH, MAN OR WOMAN, IS EXPECTED TO HONOR THIS RULE WITH  
UTMOST AWARENESS AND SENSITIVITY.

Whenever a player on your team scores three (3) goals in a given quarter, immediately, without calling a timeout, swap this player with another player who could benefit from a possible scoring opportunity (preferably a player who has never scored).

### **COACHING PRIVILEGE**

Sometimes things happen and/or people act out in ways that are less than exemplary for modeling Christ-likeness on the field. Here at One Goal Sports, we believe matters should be addressed immediately to further demonstrate that leading by example is top priority. If you witness something that is out of order (rule violation, unsportsmanlike conduct, etc.), please calmly notify the referee. By doing this, you will guard your heart and prevent a bitter root from springing forth. This will also reduce the need to email or call OGS about a situation that could have been resolved on the field. If at the end of your game, you do not feel the situation was resolved, please see the Director or nearest Field Assistant.

### **INJURY PARTICIPATION**

**CASTS AND/OR BOOTS** – Children required to wear a cast or medical boot for a broken or fractured limb will not be allowed to participate in OGS practices or games. Bubble wrap is not an option.