

**BRIGHTON SOCCER CLUB**  
**BASIC INFORMATION and RULES for Coaches and Referees**

**Under 4 (U4)**

**NOTE:** Practices begin @ 5:30pm and will run until 5:45pm. Games start @ 5:50pm (except in the event of rain when games will begin @ 5:30pm with the consensus of both coaches)

As of May 2024 there will be no Game Leaders for this age group.

- Two 10 minute halves – change ends at half time
- Five minute water break between periods of play. In extreme heat, additional water breaks will be given during the half. When the humidex is greater than 35, Coaches will allow at least 2 water breaks during the half. **At a humidex of 40 or greater, games will be cancelled by a club official (not the coaches)**
- Shin pads must be worn under socks by each player. **NO jewelry is allowed.** The only **exception** to this is medic alert bracelets or necklaces, but they must be secured so they do not pose a danger. Hats will not be worn during games. It is the coaches' responsibility to check each player prior to the game to ensure compliances.
- NO off-sides
- NO Penalty kicks, NO direct kicks (indirect kicks only)
- NO Heading of the ball. Any intentional head ball will be blown down and an indirect kick will be given to the opposing team
- Kick-ins (NO throw-ins) are indirect and occur when the ball has been kicked out of play along the sidelines. Opposing players must allow for a 3m distance from the ball
- **1 Coach from each team on the field every game, helping to coach players. Parents may also be on the field, as required, for the first 5 weeks.**
- Play with 3 v 3 on the field. **NO GOALIE – minimum of 3 players to start**
- Substitutes at any stop in play at Coaches direction
- Retreat Line – On a goal kick, players on the opposing team must move to their half of the field until the ball is kicked and received by a 2<sup>nd</sup> player, or the ball crosses the retreat line. Goal kicks may be taken by any player on the field at their coach's discretion.
- Coaches **CANNOT** cancel a game or re-schedule their own game. They must appear at the game & contact a member of the Board
- Scores are not recorded at this age