

Northumberland Soccer Club Micro Soccer Rules U3-U6 Revised June 2025

The object of micro soccer is to provide young children with an activity which will be fun for them, while promoting their physical and emotional well-being. Northumberland Soccer Club policy is that all players in house league soccer receive equal playing time. Soccer is important as a social outlet as well as for fitness. It is very important, therefore, that the youngsters be encouraged and respected in every aspect of the sport. Please show respect and support to all coaches and never yell at or ridicule the players or allow other parents to do so. Encourage the adults to conduct themselves in a manner which sets a good example for the players.

All spectators MUST sit on the opposite side of the field from the teams.

- 1. Starting Time:** All teams will have a practice time from 6:00-6:30 pm. Games will begin at 6:30pm. Games will consist of two 15 minute halves with a half time interval of 5 minutes.
- 2. Number of Players:** U3-U6 will be played **4v4 with no goalkeeper**.
- 3. Equipment:** Ball: A size 3 ball will be used.

Shin pads: All players must wear shin pads.

Footwear: Soccer cleats are recommended, but running shoes are permitted.
- 4. Goalkeeper:** There is no goalkeeper.
- 5. Start of Play:** A coin will be tossed to determine which team “kicks off”. After the initial kick off, teams will alternate kicking off at the beginning of each period. The ball can be played forward or backwards at the kickoff. All players must be in their own half prior to kickoff and opponents must be 3 yards from the center mark before the ball is struck. Goals cannot be scored from kick off.
- 6. Kick-ins or Dribble-ins:** All throw-ins are kick-ins or dribble-ins. A kick-in is a pass to another player - kicker cannot touch the ball again until another player has touched it from any team. A player can also dribble-in instead of kicking it. A goal can be scored from a dribble-in if the player touches the ball two or more times prior to the goal. Opponents must be 6 yards from the ball when the kick-in is taken.
- 7. Goal Kicks:** When the ball is put out of play over the goal line by the attacking team, a goal kick is awarded to the defending team. The goal kick can be taken from anywhere along the goal line. The kicker may not touch the ball again until it has been touched by another player. All opposing players must be in their half of the field prior to the kick being taken.
- 8. Substitutions:** Substitutions are allowed during any stoppage in play upon approval of the coaches.
- 9. Offside:** There is no offside in small sided soccer. Players should be encouraged to come back to the play and not cherry pick.
- 10. Slide Tackles and Heading:** Neither slide tackles nor heading is permitted. No cards will be given. Players will be cautioned or sent off only in the most extreme situations.

11. Free Kicks: All free kicks are indirect. Opponents must be 6 yards away until ball is kicked. An indirect free kick will be awarded to the opposing team at the point of infraction, for the following intentional conduct:

- a. Kicking or attempting to kick a player
- b. Intentionally tripping a player
- c. Charging a player in a violent manner
- d. Striking or attempting to strike a player
- e. Spitting at a player
- f. Pushing or holding a player
- g. Blatant hand balls
- h. Slide tackles or heading the ball
- i. Tackles from behind.

14. Score Keeping: No scores or league standings will be kept