

# Casper Soccer Club U4 – U6

## "New Ball" Playing Rules

**Casper Soccer Club has adopted the "Continuous Play" or "New Ball" playing format for U4 – U6 games.**

**Law 1 THE FIELD OF PLAY:** The club (Casper Soccer Club [CSC]) shall provide the dimensions and marking of the field. The size of the goal will be 4' High x 6' Wide. For the U6 teams there will be a "penalty area" painted in front of the goal and designated as the *Goal Area*. No player may stand within the Goal Area whether marked or not. However, any player may move through the Goal Area. CSC will be responsible to assure that the field is properly marked and ready for play at least 20 minutes prior to game time.

**Law 2 THE BALL:** A standard size 3 ball only will be used. *Each* team will supply several game balls.

**Law 3 NUMBER OF PLAYERS:** Maximum of 3 players from each team will be on the field at any one time for the U4 and U5 teams. The U6 will use a maximum of 5 players on the field at any one time. There are NO Goalkeepers. Players may be substituted by either team "on the fly" at any time. "Referees" will stop play in the event of an injury and allow substitution for the injured player. Players must Enter and Exit the field from the halfway-line. Each player rostered to a team SHALL play as close to an equal amount of the total playing time as possible. Coaches are encouraged, but not required, to "platoon" their substitutions at the quarters as a means of convenient compliance with this rule. **NOTE:** Goal Tending (positioning a player in front of your own goal or goal area for the sole purpose of keeping the opposition team from scoring) is not allowed. Teams and games will be coed.

**Law 4 PLAYERS' EQUIPMENT:** Tennis shoes or soft-cleated soccer shoes. Shin guards are MANDATORY. Shin guards are to be worn UNDER the socks. Players may not wear watches, necklaces, earrings, rings, or any other jewelry.

**Law 5 REFEREES:** Opposing Coaches shall each Referee half of the game. Coaches from both teams may referee simultaneously - each coach taking 1/2 the field. A coach may designate an assistant to serve in his place with the opposing Coaches approval. Their job is to keep the playing environment FUN, SAFE and focused on the child. Duties are to keep time, enforce the rules, stop and restart play, and deliver a new ball when the ball goes out of play. When you stop play for a foul or other reason, take the time to explain to the players WHY! For some players this is their first experience with soccer and the best time to educate EVERYONE on the Laws of The Game.

**Law 6 ASSISTANT REFEREES:** Not used in small-sided game.

**Law 7 DURATION OF THE GAME:** Game shall be divided into four (4) quarters of eight (8) minutes each with a two (2) minute break between quarters and a five (5) minute break at the half. *Note: The time will not stop during quarters except for an injury.*

**Law 8 THE START OF PLAY:** Conforms to FIFA regulations.

**Law 9 BALL IN AND OUT OF PLAY:** For these age groups, CSC allows the "loose boundaries" rule. Please see the "New Ball Method" rules and regulations.

**Law 10 METHOD OF SCORING:** Conforms to FIFA regulations – The ball must completely cross the goal line between the posts and beneath the crossbar to count.

**Law 11 OFF-SIDE:** There is no off-side in small-sided games. **NOTE:** Cherry Picking (positioning a player in front of the opposing teams goal area for the sole purpose of scoring) will not be allowed.

**Law 12 FOULS AND MISCONDUCT:** Conform to FIFA regulations except that all fouls and misconduct shall result in a direct free kick with the opponents at least three (3) yards from the ball before the kick is allowed. All infractions shall be explained to the players involved prior to the direct kick and NO yellow or red cards will be issued.

**Law 13 FREE-KICKS:** Conform to FIFA regulations except that all kicks will be direct and the opponents must be three (3) yards away from the ball before the kick is allowed.

**Law 14 PENALTY-KICKS:** There are no Penalty Kicks in small-sided games.

**Law 15 THROW-IN:** There are no throw-ins in the continuous play format. Instead, the referee/coach delivers a new ball and play continues without interruption.

**Law 16 GOAL-KICK:** There are no goal-kicks in the continuous play format. Instead, the referee/coach delivers a new ball and play continues without interruption.

**Law 17 CORNER-KICK:** There are no corner kicks in the continuous play format. Instead, the referee/coach delivers a new ball and play continues without interruption.

### ***ADDITIONAL Casper Soccer Club RULES:***

- There are no kick-offs after goals are scored in the continuous play format. After a goal is scored, the coach will direct the players towards the center of the field, deliver a new ball, and play resumes without interruption.
- Although 'slide tackling' is legal, for player safety concerns CSC does not allow it in this age group.
- Referees WILL NOT keep score during games for these age groups. Coaches and parents are to be reminded that the purpose of this program is to develop the individual player's ball control skills, not to gather an impressive team victory record.
- Parents are encouraged to participate and aid the coaches at every game.
- Parents are encouraged to cheer and support ALL of the players on the field.
- Parents are REQUIRED to act in an appropriate and respectful manner in accordance to good sportsmanship at all times.

**\*\*\* Relax and Let The Kids Enjoy THEIR Game \*\*\***

## **NEW BALL METHOD FOR U4-U6 TEAMS**

### **The Process:**

- Whenever a ball goes OUT OF PLAY or a GOAL IS SCORED, a coach announces "New Ball!" and rolls another ball into play.
  - NO KICK OFFS after a Goal!
  - NO KICK-INS!
  - NO GOAL KICKS!
  - NO CORNER KICKS!
- There may or may not be a referee. The coaches, however, are responsible for controlling the game, the players, and the parents.
- Substitutions are done "on the fly" like hockey. When a player gets tired or the coach wants to make a substitution, the player runs off the field and a new player runs on. No stoppage.
- Games times consist of four, (8)-minute quarters, with a (2) minute break between quarters, and a (5) minute break at the half.

### **Tips for Success:**

- Several balls are required for this method. Use a regular "kick-off" to start each quarter (two kick-offs for each team).
- The two coaches assign themselves each to half of the field and carry one or two balls in their arms.
- If the ball goes slightly out of play, but the player dribbles the ball back in, that's ok - let them play on! We are encouraging continued play as much as possible.
- The 'new ball' should be rolled to neutral space or toward the "disadvantaged" team. If one team is clearly dominant the play can be "equaled" this way.
- Coaches should control the pace of the game. You may need to pause for a few seconds before distributing a new ball, especially after a goal. Give the players several seconds to re-set and rest after a goal. Roll the new ball in near the center of the field toward the team that was scored against when the goal occurred.
- DO NOT bounce the 'new ball' as it is difficult for players at this age to judge a bouncing ball.
- Favor the team on the wrong end of a lop-sided game.

- Favor individual players who are not becoming involved in the game. Roll a 'new ball' in their direction.
- Parents should become involved and retrieve lost balls and return them to the coach who just rolled the new ball in so he/she now has 1 or 2 balls once more!

Please view the YouTube video below by copying and pasting the URL into your web browser.

### **YouTube Video:**

[https://www.youtube.com/watch?v=0Mrla35a\\_v8](https://www.youtube.com/watch?v=0Mrla35a_v8)

### **Frequently Asked Questions:**

- **Why use the New Ball Method?**
  - More touches on the ball: This method doubled or tripled the number of touches by each player in a study conducted in 2001/2002 by the Richmond Hill SA in Georgia. More touches means faster skill development and increased enjoyment of the game.
  - More playing time: Indiana Youth Soccer studied the effect of the New Ball Method and found that in a 7 minute quarter, the ball was in play for 4 minutes using traditional rules, and about 6 minutes and 30 seconds using the New Ball Method.
  - This method will speed up the game; produce more goals and more excitement, while at the same time de-emphasizing the importance of scoring and emphasizing play and fun.
  - This method can be used to get non-assertive players involved by rolling the new ball to those players; and can be used to even the playing field in a lop-sided game. At this age, score is not kept, there is no win/loss record, and the emphasis is on playing, having fun and sportsmanship, not winning.
  - Unlike at the higher levels, at this age, goal kicks, corner kicks, and kick-ins do not provide the tactical advantage for the kicking team, and can often be a disadvantage. Consequently, re-starts substantially slow the game with no benefit to the player or spectator.
  - The "New Ball Method" has proven to be a great success with clubs around the country that have adopted it.

- **Since there may not be a referee who calls the fouls?**
  - Fouls at this age are almost always innocent, and result from a lack of coordination rather than malicious intent, so fouls should almost never be called--a player can be substituted and instructed on the rules of play when that player comes off the field.
  - Players are rarely seriously hurt (other than hurt feelings) by a foul at this age, and since score is not kept and records are not important, any tactical advantage obtained by a foul is meaningless, and can be corrected with the next "new ball."
  - If necessary, one coach can be assigned to each half of the game to call only the most blatant fouls.
- **Who keeps time?**
  - The coaches usually will keep time (alternating quarters), or a volunteer parent can be assigned to keep time.
  - Time limits should be adhered to in order to prevent fatigue injuries from occurring.
  - Coaches and parents should familiarize themselves with the rules of play for this age group.
  - Note that the rules of play are much simpler with the 'New Ball Method'.

