

REGINA WEST ZONE COMMUNITY SOCCER ASSOC. INC.**3 & 4 YEAR OLD SOCCER RULES
2025 Version
(5 versus 5 Soccer)****Introduction:**

Regina West Zone Soccer Association has developed these soccer rules so as to best interpret the intent and spirit of the game of soccer while taking into account the obvious limitations of smaller fields of play and the age of the participants. The purpose of our league is for fun and exercise, not winning. The emphasis during games is on player safety and involvement. Although there are elements of competition, we strive for a balance with team work, personal development and enjoyment of the *game*.

3 & 4 Year Old Age Groups

At the entry level in soccer which involves 3 & 4 year olds, there is some structure applied to the game, although the rules are very limited in nature.

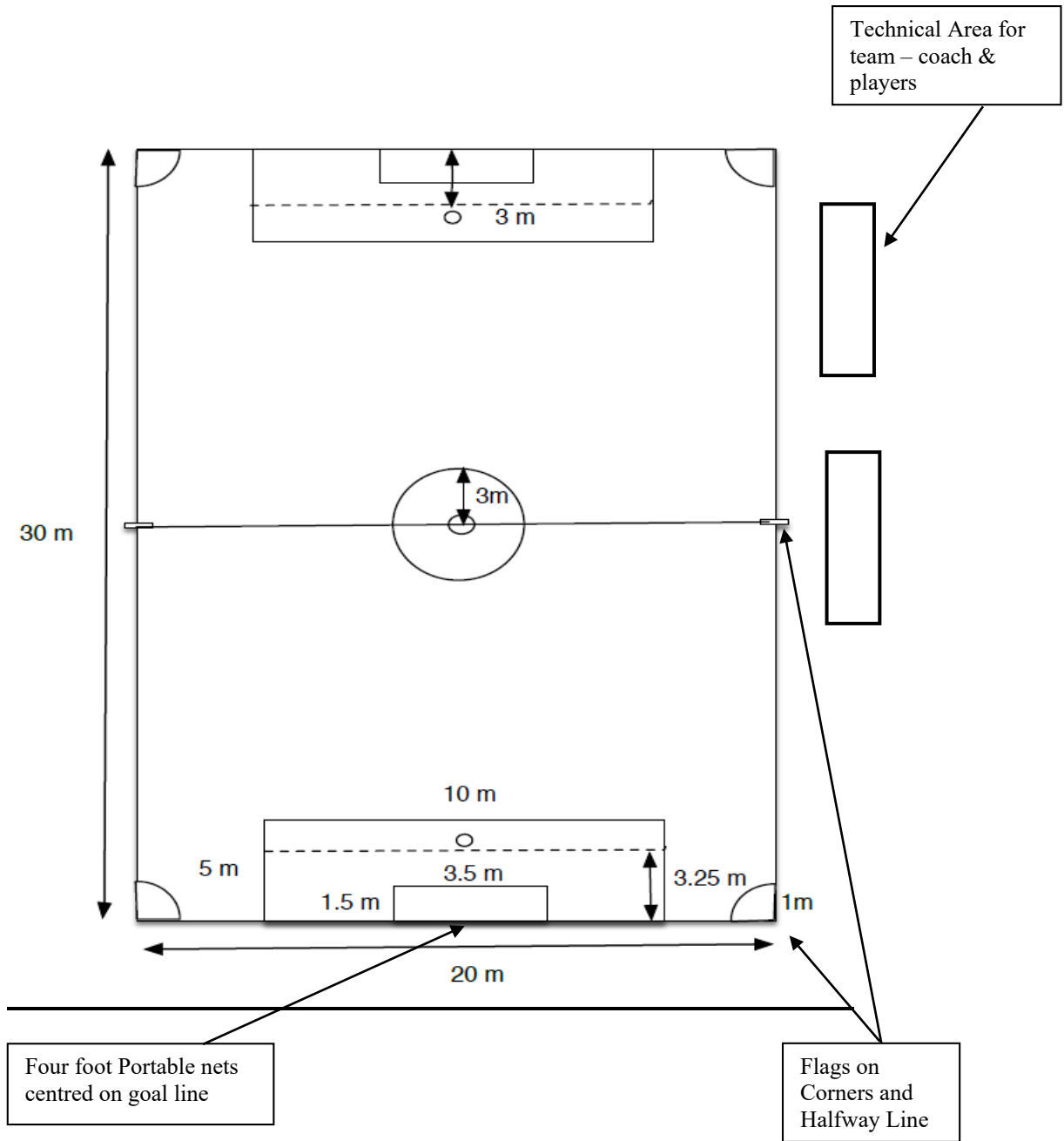
The key aspects to this age group are that the players:

- learn to socialize properly
- understand the fundamentals of moving the ball
- understand the basics of fair play and good sporting behaviours
- learn to follow basic instruction
- learn to be part of a team
- have fun in a semi-structured game.

To that end, we do not expect much more of the 3 & 4 Year old age groups than for the most basic set of rules for both the coaches and players to be followed. Players are introduced to the basic rules of soccer but most rules are adapted for the age of the players.

Dimensions of the Field:

1. The game is played in an area approximately 30 metres long by 20 metres wide. There will 5 players on the field for each team.
2. A four foot collapsible net will be placed on the centre of the goal line. Flags are to be placed on the corners and on the halfway line.



Player Equipment:

The following rules are for player protection, it is up to all coaches to ensure that they are followed for every player at every game. A child violating any of these rules will not be allowed on the field of play.

1. **Cleats are not allowed at any time.**
2. Shinguards must be worn for all players on the field. No mini-shinguards are allowed.
3. The issued WZSA jersey must be worn by all players during the game. Sweatpants are optional.
4. All cosmetic jewellery must be removed. Earrings are restricted to studs for newly pierced ears. If jewellery cannot be removed then it must be taped. No electronic devices such as Fitbits or watches are to be worn.
5. All non-prescription glasses must be removed. (i.e. Sunglasses)
6. Players are not allowed to play wearing baseball hats, bandanas or other headwear unless for religious reasons. As per FIFA directives, religious headscarves, hijabs, turbans, patkas, or keskis, or specialized medical headwear are allowed to be worn by players but they must be inspected by the coach before each game to ensure they are safe and do not pose a danger to the wearer or to other participants.
7. **Safety:** For player safety, players are not to chew gum, or have in their mouths any candy, sunflower seeds, or other materials. These materials present a choking hazard. Mouth guards are allowed to be worn as long as the devices cannot be swallowed.

No article of clothing that covers the neck such as a neck scarf will be allowed. In the case of cold weather the coaches may allow players to wear toques or to have on hooded sweat shirts. Neck ties or laces on hoodies are not to be tied around the neck and are to be tucked into the clothing. In the case of cold weather the coaches may allow players to wear light gloves.

Equal Play

All players MUST be afforded equal playing time unless a player is sick or injured. Players should be encouraged to play all positions so they learn and experience the game fully.

Duration of Games:

The game timings will be a 10 minute warm-up and then 2 periods of 20 minutes each. There will be a 5 minute break at half time.

Rules of Play:

1. There will be five (5) players on the field for each team. For the game to be played, a team must be able to field a minimum of three (3) players on a side. Substitutions can occur at any stoppage of play (ball out of play, a goal has been scored, or when play is stopped by the supervisor). **All participants including the goalkeepers are to play equal playing time during the game. Every player should be encouraged to play all positions.**
2. **Only Registered WEST ZONE COMMUNITY SOCCER RECREATIONAL PLAYERS are allowed to play:** Each Team will only be allowed to field their league designated and assigned players.
3. **No referee is needed,** however, coaches act as supervisors on the field of play, to provide instruction, encourage their players and ensure their safety. A minimum of one coach or parent should be on the field to supervise players.
4. The **game ball** will be a league issued ball appropriate in size for the age group (Size 3).

5. Goalkeepers are allowed to protect his/her goal and the keeper can only use their hands to stop the ball when in their Goal Area. When the keeper has the ball in their possession (in their hands) they cannot be challenged by the opposing players and all opposing players must provide a minimum of three (3) metres distance to allow the keeper to play the ball. In this age group we play with a DEAD goal area. No player is allowed in the goal area (the “crease”) when the ball is in play other than the goalkeeper.
6. Players can **score** from any part of the field.
7. There is **no offside** in the 3& 4 year old age groups.
8. **Fouls will be penalized by an indirect kick given to the non-offending team.** Opponents must give three (3) metres distance on indirect free kicks which are taken from the point on the field where the infraction occurred. The following fouls will be penalized:
 - a. Deliberate handling of the ball;
 - b. Sliding tackles, sliding kicks or bicycle kicks;
 - c. Kicking, jumping at, tripping, holding, pushing, striking, or charging a player;
 - d. Obstruction (i.e. intentional contact used to slow or stop an opposing player);
 - e. Tackling an opponent to gain possession of the ball, making contact with the opponent before touching the ball;
 - f. Spitting at an opponent;
 - g. Serious foul play or violent conduct.

Use of abusive language and/or profanity **by anyone will not be tolerated.** Offensive or insulting or abusive language and/or gestures will be penalized by the player being suspended for the remainder of the game.
9. The **ball is out of play** when it totally crosses the goal-line or touch line, or when the coach stops the game.
10. **If the ball goes out of the sideline**, the ball is put back into play by a kick from the sideline. The opposing team must give three (3) metres distance from the point of the kick-in.
11. A **goal is scored** when the ball has totally passed over the goal-line and under the cross-bar provided it has not been thrown by an attacking player.
12. **When a goal is scored**, the ball is put back into play by either passing or dribbling the ball into the field of play from the goal line. The team that has scored must drop back to mid field to allow their opponents an opportunity to move the ball.
13. If the **ball is kicked across the goal line** (outside of the net) by the attacking team, the defending team gains possession. The ball is put back into play by a kick from the goal line. The opposing team must drop back to mid field to allow their opponents an opportunity to move the ball.
14. **Kickoffs at the beginning of the game and at half time** are from the center of the field. The ball may move in any direction from the kickoff. All players are to be lined up in their own half of the field. Opponents of the team kicking off should be three (3) metres away from the ball.
15. In the event of an **injured player**, one of the coaches should call the play dead. Restart play with a placed ball, at the point the ball was whistled dead. As an act of good sporting behavior the ball is awarded to the team with the injured player.
16. The coaches can suspend play and the game, at any time, for any infringement of the rules or other sufficient cause, such as **bad weather or if the field is too wet**. (The field is not suitable for play, if you step on the turf and moisture can be detected around your shoe).

Coach and Team Official Infractions:

Coach and Team Officials are expected to be models of positive behaviour to their players and spectators.

Coaches and Team Officials may be disciplined by the League if he/she commits any of the following infringements:

- unsporting behaviour;
- encouraging a player to violate the Laws of the Game or attempting to create an unfair advantage for their players by behaviour that violates the Laws of the Game;
- failing to correct or control the behaviour of their players;
- failing to correct or control the behaviour of parents, spectators and team supporters;
- failing to give all players the opportunity to play equal time;
- violent conduct;
- spitting at an opponent or any other person;
- interfering with an opposing player by entering the field of play or obstructing them from the team bench area;
- using offensive, insulting or abusive language or gestures;
- disrespectfully addressing or intentionally making contact with another coach or team official;
- taunting or fighting.

Use of abusive language and/or profanity **by a coach or parent will not be tolerated**. Offensive or insulting or abusive language and/or gestures will be penalized by the parent or coach being suspended for the remainder of the game.

Spectator Infractions:

Regina West Zone Soccer Association *encourages good sporting behaviours and team spirit. Cheering and praise of players and their accomplishments are encouraged. Booing, taunting, harassment or any other negative activity is not tolerated.* Spectators, parents and team supporters are not to criticize players or adults acting as game officials at any time and shall encourage good sporting behaviours towards all.

Coaches are expected to deal with unruly spectators. The league will not tolerate coaches, spectators or other persons committing acts of misconduct, harassment, verbal abuse, foul language or abuse of the coaches or League Officials or any other participant. Coaches are expected to work together to resolve problems, warn offenders and if necessary to ask offenders to leave the vicinity of the playing area. If the offender persists in these actions the coaches will direct the game to be suspended. All instances of this sort must be reported to the league for further discipline.

Further Disciplinary Sanctions:

Coaches and parents should report, in writing, to the League Disciplinary Committee, any misconduct by players, coaches, spectators or other persons which takes place on the playing area or within its vicinity at any time prior to, during, or after the game.

The League Discipline Committee will review all incidences of player, coach or spectator misconduct. If serious problems arise or repeated incidents of misconduct over the season occur, the League reserves the right to issue further sanctions against the offending individual or family, which may include suspension from further involvement in Regina West Zone activities or refusal to allow the family to take part in further soccer activity for the balance of the current year and the next soccer season. These sanctions will be communicated to other zone soccer associations to ensure City-wide compliance.

Tournament Rules

In the event of a tie game, Teams will let the game stand (game over).

Bad weather, discretion will be left to the West Zone Soccer Association Executives, or the Coaches at the field as to whether the game should be played, shortened or cancelled.



DISPUTES ARE TO BE RESOLVED IN FAVOUR OF THE KIDS!

Any complaints concerning the wording of the rules, actions of an opposing coach, intoxication of any coach or any other problems are to be submitted in writing and emailed to the West Zone Community Soccer Association within 4 days of the incident to allow the Board to take any necessary investigative action.

Concerns can be emailed through our website <http://www.rwzcsa.ca/> or sent to info@rwzcsa.ca

Complaints through social media will not be acknowledged. Contact us with your concerns so that they can be investigated and responded to. Please provide your full name and contact information so that we may contact you for further information or to respond to your concerns.

We recommend a 24-hour “cooling-off” period as the heat-of-the-moment may influence the tone and content of the conversation. Please be as constructive in your comments as possible. Remember that our goal is to contribute to the betterment of the soccer experience for everyone.

THE CODE OF CONDUCT

All players, coaches, league officials, referees, parents and spectators must comply with the following code of conduct. Remember the goal of community soccer is to have fun, learn some soccer and team skills, and enjoy the soccer experience. All the coaches and league officials are volunteers.

We want the children and youth who take part in our league to play soccer in a positive atmosphere free from foul and abusive language, undue pressure, embarrassment, harassment, prejudice and violence.

Please help us to achieve this aim by abiding by this simple code: **PLAY FAIR**

- Do not violate the rules to gain an unfair advantage.
- Foul or abusive language from players, coaches, parents or spectators will not be tolerated.
- Violent or over-aggressive play will not be tolerated.
- Never dispute a referee's decision - they are seeing the action from a different angle than you are and they can make mistakes, just like anyone.
- The health and safety of players is paramount. Do not encourage players to continue playing if they are obviously injured or unwell. Do not encourage players to cause injury to other players.
- Coaches must give all of their players an equal amount of playing time. It's no fun being on the sideline.
- Coaches, parents and spectators are expected to let all players play without being screamed and shouted at from the sidelines.
- Encourage and applaud all players, not just those on your team.
- Demonstrate respect for team-mates, coaches, referees and league officials.
- Respect the facilities in which you play.
- Maintain self-control at all times – it is only a game!!
- Always attempt to contribute to the betterment of the soccer experience for everyone.
- Respect your opponents at all times. Players and teams should always be humble in victory and gracious in defeat. Do not run up the score against a weaker opponent.

REMEMBER!!!

Your evaluation carries a great deal of weight with children. At the games, the attitude shown by parents and coaches towards your team and the opposing team will influence the child's values and behaviour in sports, and in life.

CHEERING AND PRAISE IS ENCOURAGED! NEGATIVE CRITICISM SHOUTED FROM SIDELINES IS DISCOURAGED!

Coaches, team officials and parents shall not criticize game officials at any time and shall encourage the same attitude amongst all players and fans.