

YMCA Spirit Park
420 S. 84th St.
Behind the State Farm
Insurance Complex

*NO PARKING ALONG FIRE LANE
(curbs painted in red)

*NO PARKING in walk ways
marked in lot.

*NO PETS ALLOWED IN THE
PARK



Micro Soccer Rules 4v4 Format

Equipment: A bag of soccer balls and cones will be placed at each field for the two teams to share. Size 3 soccer ball for all ages. **Shin guards are required.** Socks must be pulled over guards.

Duration: 25 minutes practice followed by a game of 2 – 12 minute halves

Substitutions: All children should play equally. Substitutions should be made when the ball is dead – either out of bounds or after a goal.

New Ball Method (Prek only): Prek teams will use the new ball method. Anytime the ball goes out of bounds on either the endline or sideline the coach will put a new ball into play. The ball should be played on the ground and NOT in the air. Balls should be distributed by coach in an even manner where the player receiving the ball cannot just walk right in and score. One coach should be designated to send the ball into play. They should be located off the field at the mid line with a few soccer balls so they are ready to send in.

Throw In (K – 3rd): A throw in will be used when the ball goes over the touch/sideline.

Goal Kick (K – 3rd only): a goal kick is awarded from anywhere along the endline when the ball is kicked out of bounds over the endline by the offense.

Corner Kick (K – 3rd only): Awarded when the ball goes out across the endline by the defensive team.

Role of the Coaches: A coach from one of the two teams should be on the field during games. The coach should work cooperatively to help explain any infractions. The assistants will stay with the players on the sidelines that are not currently on the field.

Referee: Coaches serve this role.

Goal Box: The goal box is ten feet by six feet long. No player may touch the ball within the goal box. A player may move through the box but if a defensive player touches the ball within the box a goal is scored. If an offensive player touches the ball within the box a goal kick is awarded.

No offsides. No slide tackling allowed.

Goals can only be scored on the offensive teams half of the field.

Penalties: No penalty kicks will be awarded. All fouls/infractions will result in an indirect free kick from spot of foul.