

Oshawa N.A.S.C. Soccer - RULES FOR MICRO SOCCER Under 4 2013

The first rule of Micro Soccer is to have fun. Children do not need complicated rules and elaborate instructions, which can be discouraging. **The principal is to have fun and get as many chances to kick the ball as possible.**

- #1 All play time shall be run in accordance with the Rules of the game under jurisdiction of N.A.S.C. Soccer, unless superseded by the N.A.S.C. Rules for Micro Soccer.
- #2 A thirty (30) minute “practice” stressing kicking properly, passing, dribbling, and shooting. A short scrimmage will follow the practice.
- #3 No Stats will be kept for this age group

PLAYING THE GAME

- #1. The field will be approximately thirty (30) metres in length by twenty (20) metres in width. Cones at the 4 corners, midfield and goals will mark the field. Practice is at 6:30 p.m. and the game will be over by 7:30 p.m. rain or shine except in the case of lightening at 6:30 p.m. They will use a size three (3) ball.
- #2. Each group will consist of no more than 10 players (mixed boys and girls). Four (4) players and a coach will be on the field at all times. The players will change approximately every three (3) minutes.
Micro Soccer is available to all children born prior to June 30th 2010 to December 31st 2009 only.
There will be two (2) ten (10) minute halves and a five (5) minute break between halves.
The coaches must not interfere with play or coach from behind the goal.
There will be no goalie and no referee and no scores will be recorded.
- #3. Coaches and/or other team officials and parents shall encourage all players at all times.
The coach is responsible for the overall conduct of his/her team, parents and supporters.
- #4. There are no offsides in Micro Soccer.
- #5. **All players MUST wear shin pads**, inside their socks while on the field.
Soccer shoes are highly recommended but are not mandatory.
NO casts or helmets are allowed during practice or game. All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, head bands/bobby pins etc.) are strictly prohibited and must be removed. M-tape is allowed as it is tear away. The only exception is a Medic- Alert bracelet/necklace/watch. The chain portion must be taped down in order to secure the medic-alert. The symbol cannot be taped down. Using tape to cover any jewelry (except medic-alert) is not acceptable.
The list of players and a copy of each player’s waiver form must be at all events (this is necessary in case of injury).

Each player will receive a size three (3) ball, t-shirt/socks and a team photo that will be kept by each player.