



FCA Soccer Rules – K4/K5 & 1st/2nd Grades

FCA Soccer Overview

FCA Soccer utilizes a set of unique rules that promote athletes' development in the sport as they learn and grow their skills and knowledge of soccer. The FIFA Laws of the Game will govern any area the FCA Rules do not cover. Basically, where the rules unique to FCA Soccer stop, the FIFA Laws of the Game begin.

A copy of the FIFA Laws of the Game can be found at www.FIFA.com.

Game Format

- Referees or coaches lead both teams in prayer at midfield before the game. This is a time to keep things in perspective and set the tone before the game.
- Referees will call all violations. Early in the season these violations should be explained as a teaching opportunity for all players. Explanations should gear down as the season progresses.
- The "home team" will start the game with the ball. The other team will start the second half.
- Games consist of two 18-minute halves, one minute for substitutions, and a four-minute halftime. This keeps games under an hour, which honors family schedules.
- The game clock is maintained by the referees or coaches and will only stop every 6 minutes for substitutions. This keeps games on schedule and honors the participants' time.
- Teams will switch goals at halftime (except in the K4/K5 grade division). The reason is to balance any advantage that may occur because of the playing field.
- Score will be kept in each game and division standings will be maintained in each division. This adds fun and excitement to the league.
- Coaches are encouraged to be on the field with K4/K5 grade players to help coach during games. The focus is on instructing the player; we want coaches to encourage and teach players at all times.
- All coaches will adhere to the substitution rules. This ensures every player is getting playing time over the course of the game.
- No yellow cards or red cards are used in FCA Soccer. If a player is "out of control" the referee and coach should discuss privately and make the best decision for the player and the other athletes. Many times, a simple "cool down" break on the sideline is all that is needed. Just substitute the player and coach them up on the sideline.
- There is no extended time in FCA Soccer. This keeps games on schedule and honors the participants' time.

Number of Players

Team Size: Eight is the maximum number of players per team.

Team Format: 4v4 with no goalie for K4/K5. 5 v 5 with no goalie for 1st/2nd

Additional Players: One additional player may be added to the field of play by a team that is four goals behind. The additional player may remain on the field until the score differential is three goals.



Game Duration

Game Clock: The game clock will be maintained by the referee.

Periods of Play: The game will consist of two 18-minute halves with each half being divided into three 6-minute periods for 1st/2nd grades. K4/K5 will play two 18-minute halves being divided in six 3-minute periods.

Half-Time: Half-Time will be a 5-minute interval between the two 18-minute halves.

Rules for FCA Soccer

- A kick-off begins each half and after a goal has been scored. Opposing players must remain outside the center circle or 4-yards away until the ball has been put in play. For additional information, refer to FIFA Law 8.
- Shooting Arc: There is no ball contact allowed within the shooting arc.
 - Any part of the ball or player's body on the line is considered in the shooting arc.
 - The plane of the shooting arc extends upward.
 - If the ball comes to a stop within the arc, a change of possession is awarded (as a goal kick) for the defensive team; regardless of who touched the ball last.
 - Once the ball has broken the plane of the shooting arc and a defensive player touches the ball, a corner kick is awarded.
 - If the attacking player touches the ball inside the arc, a goal kick is awarded.
- Fouls will result in either an indirect or direct kick. Opposing players must be 5 yards away from the ball.
 - *Indirect Kick:* A player other than the kicker must touch the ball before a goal can be scored. For additional information, refer to FIFA Law 13.
 - *Direct Kick:* The kicker may score directly without another player touching the ball. For additional information, refer to FIFA Law 13.
- Indirect kicks are awarded to the opposing team if one of these fouls is committed (For additional information, refer to FIFA Law 12):
 - Dangerous Play
 - Obstructing an opponent
 - Delay of game
- Direct kicks are awarded to the opposing team if one of these fouls is committed (for additional information, refer to FIFA Law 12):
 - Handling the ball
 - Kicking an opponent
 - Hitting an opponent
 - Pushing an opponent
 - Tripping an opponent
 - Holding an opponent
 - Any unsportsmanlike conduct
 - Slide tackling or any contact with the ball while the player is on the ground.
- A penalty kick is awarded for deliberate handling of the ball that denies the opposing team a goal or an obvious goal-scoring opportunity. The penalty kick will be taken 5 yards from the top of the shooting arc and all players should be positioned behind the player taking the penalty kick. If the kick does not result in a goal and the ball is still in the playing field, it is a live ball and play continues from the spot of the ball.
- A goal is not scored if a player kicks or throws the ball into his or her own goal. A corner kick is awarded for the opposing team.



- A goal may only be scored from a player's offensive end of the field. This prohibits a player from scoring a goal from the center circle on a kickoff.
- Due to the field size, Offsides will not be called.
- Referees should monitor substitutions and help coaches who have questions. Review the substitution section below.
- No Slide Tackling. Players must stay upright and "on their feet" and may not make contact with an opposing player. This does not prevent player from sliding to stop/intercept a ball, but No contact may be made with opposing players.
- Players who commit two fouls resulting in direct kicks, excluding handballs, in the same 6-minute segment must sit out the remainder of that segment. Those players may return during their next scheduled substitution.
- Heading is not allowed

Re-starts

Kickoffs

A kick-off is taken from the center circle at the start of each half and after a goal is scored. The ball must touch another attacking player or defensive player before the initial kicker touches the ball again. If the ball is touched a second time by the initial kicker before another player touches the ball, the kick should be retaken. A goal may not be scored from the kick-off, because all goals must be scored from the offensive side of the field. The kick-off is treated similar to a free kick. This means the opposing team must stay outside of the center circle (at least 4 yards away). They also must be on their own half of the field until the first touch on the ball is made, after which they may attempt to win the ball.

Out-of-bounds

The entire ball must go out-of-bounds to be out of play. If part of the ball is still touching the line, play continues uninterrupted. For additional information, refer to FIFA Law 9.

Corner Kicks

When the ball passes over the goal line by the defending team, the ball should be placed inside the corner arc on the side it went out-of-bounds. The defensive team must be at least 5 yards away when the kick is taken. For additional information, refer to FIFA Law 17.

Goal Kicks

When the attacking team kicks the ball over the goal line or if the ball comes to a stop within the shooting arc before entering the goal, a goal kick is awarded to the defending team. The ball should be placed on the goal / end line, 5 yards from the shooting arc on the side in which the ball went out. K4/K5 and 1st/2nd grade divisions must retreat behind midfield until the ball is kicked. For additional information, refer to FIFA Law 16.

Throw-ins

- When the ball passes over the sidelines, the last team to touch it last loses possession and the opposing team takes a throw-in. The player throwing the ball back into play must throw the ball over his or her head with both hands, both feet must be touching the ground, and the player must stay behind the sideline while throwing. The defensive team must be at least two yards away from the thrower. It is recommended that the K4/K5 players place the ball on the touchline and kick it back into play. For additional information, refer to FIFA Law 15.



- To restart the game after the official had to stop play for a no-penalty situation, the team with last possession will take a throw in from that spot at the nearest sideline.

Dimensions

Ball Sizes:

The size of the soccer ball should grow as players age. The following is recommended:
K4/K5 & 1st/2nd Grade = Size 3

Field Size:

4v4 soccer is best played on a small field of approximately 60' x 90' for K4/K5 and 60' x 116' for 1st/2nd. This keeps the ball in close quarters for all players. That leads to more touches, which leads to more opportunities to develop skills.

Goal Size:

Goal sizes should be approximately 6ft-wide x 2.5ft-high. A smaller goal eliminates the need for a goalie and forces players to shoot with accuracy and keep the ball low as they strike.

Field Markings:

Shooting Arc – Half circle that measures a radius of 6ft in front of the goals. Players aren't allowed in this area.

Center Circle – Full circle at the center of the field that measures a 6ft radius.

Corner Arc – 3ft radius from inside each corner of the field. This area is used for corner kicks.

Substitutions

FCA Soccer gives coaches control of their substitutions with a few guiding rules to implement.

- The game will stop at the end of each segment for substitutions.
- Players should play a minimum of two full 6-minute segments, one in each half in 1st/2nd.
- Players should play a minimum of six full 3-minute segments in the K4/K5 League.
- Every player should start at least one game throughout the season.