

Needham Soccer Club Junior Academy

EDUCATE. CONNECT. INSPIRE



NSCJA 1st & 2nd Grade – 4v4 Rule Book

1. The Field of Play

- 8:00am teams will setup the goals for each game.
- 4:00pm teams will breakdown the goals after each game & place back in storage bin!
- Players & coaches will stand on one sideline, parents and spectators on the opposite side. Where fields are side by side, coaches should be between fields with spectators at the perimeter!

2. Player Equipment

- Every participant MUST wear shin guards!
- Soccer socks, covering the shin guards should be worn at all times.
- Cleats are recommended, running shoes are acceptable!
- Reversible jerseys are provided to be used in Fall & Spring!
- Players should bring water to each session & game.
- Coaches will have a limited number of soccer balls, players are encouraged to bring their own (size 3).

3. Number of Players & Substitutions

- Each team should have 4 players on the field at a time.
- Substitutions may be done at any point in the game during a stoppage in play.
- Coaches are instructed to rotate players evenly throughout the game.
- Each player should play at least half of the game (where roster size allows).
- There are NO Goalkeepers at this age!

4. Referees

- There are NO referees! Games are managed by the coaches from BOTH teams!
- Laws of the game are taught, but coaches should allow the game to flow as much as possible. I.E taking a moment to teach a proper throw in is great!
- 1 coach from each team is encouraged to stay on the side of the playing field to support players, manage subs & keep time. While 1 Coach is on the field helping to keep play flowing & to coach players in game.

Needham Soccer Club Junior Academy

EDUCATE. CONNECT. INSPIRE

5. Duration of The Game

- All games will consist of a 30 minute practice/warm-up Lead by a Coach of the **New England Revolution Academy** followed by a 40 minute game, totaling approximately 1 hour & 15 minutes (5 minute half time).

6. Restarts

- Each Half will start with a kick off at the center of the field.
 - Opposing players must be at least 5 yards away from the ball at kick off.
- Kick off at the center will also take place after a goal has been scored.
- Goal Kicks – Opposing team must go back to halfway line during a goal kick!
- Corner kicks – Opposing team must stay 5 yards away from ball on all corner kicks.
- Throw Ins SHOULD be taught at 2nd Grade.
- Kick-Ins SHOULD be allowed in 1st Grade.