

ADSL Clinic Rules of Competition

Under 5 and Under 6 Age Group

RULES OF THE GAME: 4 V 4, modified

RULE 1: Field of Play

- A. Dimensions: The two fields of play shall be rectangular, equal size, and side by side.
- B. Markings: Painted sidelines and goal lines.
- C. Goals: The goals shall be small sided goals, or hoop style PUGG goals.

RULE 2: The Ball

- A. The ball shall be size 3.

RULE 3: Number of Players

- A. There shall be 4 players on each field at a time.
- B. There shall be no goalkeepers.

RULE 4: Duration of the Game

- A. Each game will be played in four 8-10 minute quarters.
- B. There will be a 2-3 minute break between quarters.

RULE 5: Ball In and Out of Play

- A. The ball is out of play when it has fully crossed the goal line or the sideline. When one team plays the ball out over a sideline, the opposite team will re-start the ball with a kick-in (or use the “new ball” method).

RULE 6: Fouls and Misconduct

- A. No player in a clinic game may touch the ball with his or her hands during play.
- B. The referee will call a foul on any play that could result in an injury and award a free kick to the other team at the spot of the foul.
- C. No slide tackling in any situation.

RULE 7: Common Sense

- A. Let the players have FUN!