



U4 GUIDELINES

- Each quarter will be 8 minutes, there will be a 5 min half and 2 min between quarters
- Play will be 4 v 4 on the field
- You may sub any way you'd like, just make sure all players get equal time
- Size 3 ball
 - Please bring a ball to each game
- Please have your team at the field 15 minutes before game time for warm up and for refs to check player's equipment
 - All players are required to have shin guard
 - Shin guards must be on the INSIDE of players' socks.
 - Cleats are recommended but not required
 - They MUST be soccer cleats and CANNOT have a point on the toe.
- No jewelry may be worn, or hair bows with metal clasps
- All out of bound balls will be KICK INS.
 - All parents must sit on the opposite side of the field from the players/coaches
 - ONLY COACHES may be on the bench or field with the players
 - Fans cannot sit at the ends of the fields behind the goals.
- Recommended practices are once a week for 45 minutes
- Please call your players on your roster immediately.

THANK YOU FOR VOLUNTEERING!!!!



Additional Information for All Coaches

Game Cancellation

- If games are required to be cancelled it will be posted on Facebook.
 - Decisions will be made about 1 ½ to 2 hours before game time. Games will only be cancelled for poor field conditions or severe weather.
 - Please make your parents aware that soccer is played in the rain/cold.
 - If you are unable to coach a game, please see if your assistant can fulfill your duties on the board. Due to insurance and child safety all coaches either fulltime or substitution must be approved by the board and a background check cleared.
 - Only the board will cancel games

Additional Housekeeping

- Please have your team/parents pick up all trash and drop it into the garbage cans on the way out of the park.
- Please make sure they know to bring chairs

Practice Schedule times

- Your practice time will give you a guaranteed time on the field, if you would like to have additional practices, please be aware that others may be there to practice. Please work together to share the fields.

OCASA Board Contacts

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