



Under 4 Game Days

Saturday Mornings

Important Note: The play times for the U4 division rotate throughout the season at either:

8-9am, 9-10am and 10-11am

We began offering our Under 4 program in 2008 and it has grown in leaps and bounds ever since!

The Under 4 division is a co-ed soccer program for beginners (turning 3 and 4) to learn how to play in a fun and supportive environment.

Each child receives a jersey, socks, ball, photo and trophy.

This hour long program is held at St. Julien Park Saturday mornings beginning in May for 9 weeks. Each week, children will participate in 20 minutes of skills & drills, followed by a 10 minute break and then a 20 minute game.

It is fun and interactive, with themes such as Pajama Day thrown in along the way!

Items Not Allowed

- **Jewelry** - The League has a ZERO tolerance for jewelry. Using tape to cover up jewelry is not allowed. Barrettes and bobby pins are also prohibited. Medical alert bracelets are allowed but they must be fully taped to the satisfaction of the referee. Hair band/sweat bands must stay in place on the head, not around the neck or over the eyes. Referees are also prohibited from wearing jewelry except for a watch or similar device for timing the match.
- **Only prescription glasses** - (including prescription sunglasses) may be worn by any player on the field.
- **Casts** - Hard casts of any type are considered dangerous and are no longer permitted. Any braces or soft cast material containing metal are not permitted. **Hard casts cannot be wrapped to make them safe.** The referee has sole discretion over what equipment is deemed safe, appropriate and allowable including the uniform of the players and all soft casts.