

UNDER 4

GAME DAY: Saturday Mornings

TIME: Play times will rotate throughout the season at either: 9AM-10AM or 10AM-11AM

OVERVIEW

- ELSC began offering our Under 4 programs 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, shorts, socks, ball, team photo and medal.
- 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!

UNDER 4 – RULES AND PLAYER'S EQUIPMENT

- **JEWELRY**
 - No player is allowed to wear any jewellery, including watches, barrettes or bobby pins.
 - Exceptions to Medic Alert bracelets, or any other medical representations.
 - **TAPING IS NOT PERMITTED.** Medic alert is the only exception to this rule.
- Players must **remove** all jewelry before being allowed to participate in a game.
- Hair band/sweat bands must stay in place on the head, not around the neck or over the eyes.
- **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.
- A player's basic equipment includes:
 - Shin guards, which are mandatory and **MUST** be worn under the socks.
 - Cleats are not mandatory but highly recommended for safety reasons. (cleats must be rubber)
- Paper camp passes can be worn.
- Sweatshirts with hoods are not allowed. Long sleeve shirts can be worn but must be worn under Jerseys.
- No player is allowed to wear a hat unless the weather (excessive heat) warrants it.

INCLEMENT WEATHER

Severe weather which threatens the safety of the players is of prime importance. ELSC practices the Canada Soccer Policy with respect to thunder and lightning. The convenor will make all calls with respect to severe weather and terminating the game.

We Take thunder and lightning seriously; safety is the prime objective of our program.

Field closures in advance will be communicated through PowerUp and posted on the ELSC website.