

4U PELE COED Division Rules



Revised: March 2026

Number of players: Recommended number of players (3 v3).

May play (4 v 4) with coaches' agreement. If one team does not have the minimum number of players, they can play a player down or borrow one from the opposing team and then teams can play even up soccer.

Registration: All players must have completed registration with the Tigers FC Recreational soccer program.

Equipment:

- Shin guards are mandatory, socks over shin guards
- During cold weather, league shirt must be shown over garments.
- Size 3 ball
- League shirt
- Cleats are recommended (No baseball cleats). Tennis shoes are allowed.
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, scrunches are allowed.
- Water bottle
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Field Dimensions: 40' x 50' Goal Dimensions: 4' x 6'

Game Duration: Three (3) x 70-minute periods. One (7) minute breaks between periods

Game Rules:

- Unlimited substitution at any time. Players may be substituted on the fly; however, it is recommended that it be done during a stoppage of play (goal scored, ball out of play)
- All kicks are indirect (ball must touch one additional player before a goal can be scored). Player kicking the ball cannot touch the ball again until a second player for either team has touched it.
- No Offside
- No throw-ins. Kicks shall occur from point where ball goes out of play over touchline.
- No penalty kicks.
- No goalkeepers
- No jewelry of any type.
- TWO Yard Rule: Start of play and free kicks will take place with all opposing players at least two yards away from ball.
- Kickoff- the ball can move forward or backwards. Any infractions shall result in redo of kickoff.
- Goals may not be scored on kickoff.
- All players shall not engage in heading in practice or in games.
- Coaches are allowed on the field to better coach the players
- The coaches will act as the referees.
- Score will not be kept.