

4v4 GAME RULES

4U-6U AGE GROUPS

1. THE GAME

- 4x8 Minute Quarters with 2 Minute Breaks
- Size 3 Soccer Ball
- 4v4 – 4 field players, no goalkeepers

2. PLAYER EQUIPMENT

- All players must have shin guards covered by soccer socks for games and practices
- Soccer cleats are recommended, but not required
- No hard casts
- No jewelry unless it is medically necessary to wear

3. SUBSTITUTIONS

- Unlimited substitutions allowed. NO stoppage in play required.
- Players must exit the field before the new player enters.
- Each player MUST play a minimum of half the game.

4. RULE MODIFICATIONS

- Defending team must drop to midfield line on opposing team goal kicks until the ball has been put into play.
- KICK-IN Restarts instead of throw-ins. Kick-In will take place where the ball exited the field. Ball must touch another player before the player taking the Kick-In can touch the ball again.
- COACH REFEREED. ONE Coach per team is allowed to be in the field area to help instruct, referee, and get play restarted after a goal or ball leaves the playing area. Coaches should not interfere with actual game play.
- NO Heading
- NO offside but cherry picking is discouraged

5. FOULS/MISCONDUCT

- All fouls will result in an indirect free kick. No penalties or direct free kicks will be taken.
- NO slide tackling allowed