



GRASSROOTS

MICRO PLAYING RULES U8 (4v4)

4v4 Playing Rules

A. Field

1. Each field will be marked with white lines.
 - 1.1 Boundary Lines: U8 35yards max X 45 yards max
 - 1.2 Goal Area: 4x6 yards in front of each goal
 - 1.3 Center Circle located at the center of the field

B. The Ball

1. The ball is a size 3.

C. Length of Games

1. **U8 games will be played with four 10 minute quarters.**
2. **There will be a 2 minute break between quarters.** Teams will change sides after halftime. **The games shall be terminated regardless of the time remaining to accommodate the next game time.**

D. Players

1. Each team will play with six (4) players on the field.
2. Player equipment:
 - 2.1 Jersey, shorts, Shin-guards are mandatory and are worn inside the socks.
 - 2.2 Footwear can be athletic shoes or soft cleated shoes.
 - 2.3 No equipment that is dangerous to themselves or another player
 - 2.4 No jewelry, only exception – medical ID or religious
3. Substitution is unlimited and accomplished on the fly as well as on set-plays. The player must come off the field before the substitute may enter the field. Permission from the parent monitor is not required.

E. The Rules of 4vs4 Micro Soccer

1. The game is started with the ball placed within the center circle. Players of the opposing team must be three (3) yards away when the kick is taken.
2. A goal can be scored directly from the kickoff.
3. Goals can be scored from anywhere, but the ball must pass below the cross-bar, between the goal posts, and wholly cross the goal line for a goal to be scored.
4. **When the ball goes wholly across the sideline boundary, the game is restarted by a throw-in. Coaches should always have an extra ball available to keep play moving. The idea is to encourage players to get the ball back into play quickly, so that the game flows better.** The ball is awarded to the team opposite of that of the player who last touched the ball.
 - 4.1 Over the touchline: The ball is thrown in where the ball went out.
 - 4.2 Over the GOAL LINE by the ATTACKING team: The ball is placed anywhere in the goal area.



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- 4.3 Over the GOAL LINE by the DEFENDING team: The ball is placed in the corner where the GOAL LINE meets the touchline.
5. There is no tripping, pushing, striking, holding or kicking an opponent. A player cannot pick-up, hold, stop or propel the ball with his/her hands.
 - 5.1 All infringements are punished by the awarding of an **INDIRECT FREE KICK (i.e. the ball must touch another player on the field before a goal can be scored)**
 - 5.2 The kick is awarded to the opposite team and is taken from the spot where the foul occurred.
 - 5.3 Players of the opposing team must be a minimum of five (5) yards away from the ball when a free kick is taken.
 - 5.4 In any case, A GOAL CANNOT BE SCORED DIRECTLY FROM AN INDIRECT FREE KICK, including out-of-bound free kicks. A goal may be scored directly on a penalty kick only.
6. OFFSIDE rule is not used in micro-soccer.
7. **NO Goalkeepers in 4v4 Micro Soccer**