



# 4v4 PLAYING FORMAT & RULES



BeachFieldHouse.com

## Playing Time: 4 quarters

- 2015-2016: 4 x 10 minutes quarters (40 Minutes Total)
- 2017-2018: 4 x 8 minutes quarters

## Number of Players on Field: 4 v. 4 - no goalies

## Ball Size: 3

## Field Dimensions: approx. 46 feet x 90 feet

## Restarts: All restarts are indirect – must touch someone else before crossing goal line

## Heading: Not Allowed (per USSF Mandate)

## Referees: Staff provided by VBFH

### Number of Players

- Maximum number of players per team on the field at one time is four (4).
- **Coaches should loan players to a team that is short handed in order to allow all children to play and have fun!**

### Players' Equipment

- Players must not use equipment or wear anything dangerous to themselves or another player (No jewelry of any kind).
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats are recommended (not required). No shoes with toe cleats (baseball cleats). No metal cleats.

### Duration of the Game

2015 - 2016: 4 x 10-minute quarters

2017-2018: 4 x 8-minute quarters

- Half-time must be no more than five (5) minutes
- Teams will switch attacking goal after each quarter.
- Quarter breaks must be no more than two (2) minutes.

### Starting the Game - 2015-2016

- The game begins with a kickoff in the center circle, the player taking the kickoff cannot touch the ball a second time before it has been touched by another player. For a violation of this rule, the kick shall be retaken.
- A goal may NOT be scored directly from the kickoff. It must touch another player before going into the goal. If the ball is kicked directly into a goal from a kickoff award a goal kick.
- A kickoff occurs at the beginning of each quarter and after each goal.

### Method of Scoring

- The ball must completely travel over the goal line, inside of the goal.
- Players are not allowed to score a goal from own half, must be in attacking half

### Off-Side

- There is no offside

### Fouls and Misconduct

- All fouls will result in an in-direct free kick with the opponents 6 yards away.
- The VBFH staff to explain ALL infractions to the offending player.
- Coaches are not to instruct or encourage players to play on the ground. Players should be encouraged to stay on their feet to take the ball from an opponent.

### Free Kick

- All fouls will result in an indirect free kick.
- All opponents must be 6 yards away until the ball is in play.

### Penalty Kick

- No penalty kicks for this age group

### Goal Kick

- Opponents must be no closer than the midfield line until the ball is in play.
- Goal kicks are taken from the team's goal line or goal area.
- A goal may NOT be scored directly from a goal kick.

### Corner Kick

- Awarded when ball crosses goal line, except through the goal, and was last played or touched by a defending player. Attacking team to take corner from same side of the goal on which it went across the goal line.
- Opponents must be 6 yards away from the ball.