



4v4 PLAYING FORMAT



Playing Time: 4 quarters

- 2017-2018: 4 x 10 minutes quarters (40 Minutes Total)
- 2019-2020: 4 x 8 minutes quarters

Number of Players on Field: 4 v. 4

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: Referees 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

Starting the Game - 2017-2018

- 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.

Fouls and Misconduct

- All fouls will result in an in-direct free kick with the opponents 6 yards away. • The referee to explain ALL infractions to the offending player.
 - Coaches are not to instruct or encourage players to play on the ground. Players
- 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).

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. 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.
- with toe cleats (baseball cleats). No metal cleats.

Duration of the Game

- 2017 - 2018: 4 x 10-minute quarters
- 2019-2020: 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.

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

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.