



## 4U (4V4) GAME RULES

### 1. GAME SET-UP

GAME DURATION: 4 X 8-MINUTE QUARTERS WITH 2 MINUTES BETWEEN QUARTERS AND A 5-MINUTE HALFTIME

BALL SIZE: 3

NUMBER OF PLAYERS: 4V4 WITH NO GOALKEEPER

### 2. PLAYER EQUIPMENT

ALL PLAYERS, INCLUDING THE GOALKEEPER, MUST WEAR SHIN GUARDS DURING PRACTICES AND GAMES.

HARD CASTS ARE NOT ALLOWED.

JEWELRY IS NOT PERMITTED.

HATS ARE NOT ALLOWED ON PLAYERS OTHER THAN THE GOALKEEPER UNLESS THEY ARE WORN FOR MEDICAL OR RELIGIOUS REASONS

### 3. SUBSTITUTIONS

FREE SUBSTITUTIONS. COACHES ARE NOT REQUIRED TO WAIT FOR A BREAK IN PLAY.

### 4. BLOW OUT RULE

WHENEVER A TEAM GAINS A LEAD OF FIVE GOALS, THAT TEAM IS REQUIRED TO REDUCE ITS PLAYING STRENGTH BY ONE PLAYER UNTIL THE GOAL SPREAD DROPS BELOW FIVE.

### 5. PLAYING TIME

EACH PLAYER IS REQUIRED TO PLAY A MINIMUM OF HALF OF EACH GAME. NO PLAYER MAY PLAY GOALKEEPER FOR MORE THAN ONE HALF OF THE GAME

### 6. COACHING FROM ENDLINES

ONE COACH PER TEAM ARE ALLOWED ON THE FIELD. THE PLAYER MAY NOT PHYSICALLY MOVE ANY PLAYERS ON THE FIELD.

PARENTS AND SPECTATORS MUST SIT ACROSS THE FIELD FROM THE PLAYERS AND COACHES.

### 7. INJURY

PLAY WILL STOP IMMEDIATELY IN THE EVENT OF A SERIOUS INJURY

### 8. RULES OF THE GAME

NO REFEREES AT THIS AGE GROUP, COACHES WILL REFEREE THEIR OWN GAMES

GOALS WILL HAVE ARCHES IN FRONT OF THEM. NO PLAYER IS ALLOWED TO TOUCH THE BALL INSIDE THE ARCH. A TOUCH RESULTS IN EITHER A GOALKICK (TOUCH FROM ATTACKING TEAM) OR A GOAL (TOUCH FROM DEFENDING TEAM)

NO SLIDE TACKLING ALLOWED

NO OFFSIDE RULE

ALL FREE KICKS ARE INDIRECT KICKS. OPPONENTS MUST BE 5 YARDS AWAY FROM BALL. EXCEPT FOR PENALTY KICKS

GOAL KICKS TAKEN FROM THE EDGE OF THE PENALTY AREA. ALL OPPONENTS AT MIDFIELD UNTIL BALL IS PLAYED

PLAYERS ARE GIVEN UNLIMITED THROW-IN ATTEMPTS UNTIL THEY SUCCEED, OR THE COACH SELECTS ANOTHER THROWER

### 9. HEADING

NO HEADING ALLOWED IN THIS AGE GROUP. PLAYERS ARE NOT ALLOWED TO HEAD THE BALL IN PRACTICE OR DURING GAMES