



# 4 Foot Soccer

## "Rules of Play"

**Games Times / Schedule:** Teams must report to their scheduled field 15 minutes prior to game-time. A team will forfeit the game if not ready to play at the scheduled time, at the discretion of the referee. Each team will play 2 games within a 1 hour period. It is imperative that games start and finish as scheduled.

**Playing Rules:** No offsides in 3v3 or 4v4 soccer.

**No Slide Tackling:** Slide tackling is only allowed to stop or intercept the ball. i.e. A player may slide to save a ball from going out of bounds. No contact can be made with the opposing players while sliding for the ball. If contact is made during a slide tackle it could warrant one yellow card based on the referee's discretion.

**Kick-Ins** will be used in place of throw-ins.

**Goal Kick or Corner Kick** will be awarded if the ball travels over the end line. In 3v3 & 4v4 Goal kicks may be taken from any point along the end line and 6v6 Goal kicks will taken from your defensive penalty box.

**Kick-Offs** may be taken in any direction. You cannot score directly from a kick off (ball must be 100% over the mid-line to be considered on the offensive half of the field).

**Dead Ball Restarts** including corner kicks and fouls, are indirect. In all ball situations, defending players must stand at least five yards away from the ball. If the defensive player's goal area is closer than five yards away, the ball shall be placed five yards from the goal crease line with the place of the foul.

**Penalty Kicks** shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by the infraction. It is a direct kick taken from the mid-line with all players standing behind the mid-line.

**Substitutions** may be made on any stoppage of play, except free kicks and penalty kicks. Teams must gain the referees attention before making a substitution. A game ball is to be provided each team.



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**Crease Rule for 3v3 & 4v4** Players cannot stand inside the crease. Players may pass through the crease; however there cannot be any contact with the ball inside the crease. If the defending team touches the ball in the crease, the offensive team will be awarded a goal. If an offensive player touches the ball within the crease, a goal kick is awarded to the defensive team. If the ball comes to stop inside the crease and play is dead a goal kick is awarded to the defensive team.

**Scoring** a goal may be scored only from a touch within a team's offensive half of the field. The ball must be completely on the offensive half of the field, and cannot be touching the mid-line. If a goal is scored from the defending half of the field, a goal kick is awarded to the opposing team.

**Cautioned Players (Yellow Card)** Players that receive two yellow cards in one game will result in a red card. Any player accumulating three yellow cards during a three game series will be suspended for their next game.

**Player Ejections (Red Card):** Referees have the right to eject a player, coach, or parent from the game. If a player on the field is ejected, the team must complete the game minus one player on the field (ie 3v3 would have to play with 2 players if a player was ejected). Substitutions may still take place, but the offending team will still be minus one player on the field. The player receiving the red card will automatically be suspended for their next game (No Exceptions). Players, coaches, or parents whom are ejected by the referee must leave the field and area around the field. The game will not restart until the opposing player, coach, or parent has been removed, yet the game clock will continue. If the player, coach, or parent refuses to leave, the game may be forfeited in favor of the opposing team. All referee decisions are final.

**Golden Card:** To cultivate important but often-forgotten aspects of the game, such as fair play and sportsmanship toward opponents, team-mates and the referee, each team receives the opportunity to present the referee with one golden card, with the name of a player written on it, at the end of the game. The player named must always be from the opposite side. In case nobody has demonstrated good sportsmanship, no card is handed to the referee. At the end of each season, the player who received the most cards from opponents is considered sportsman of the season.



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**Good Sportsmanship** must be used by players and coaches, and spectators at all times.

**Coaches:** No coach or parent is allowed on the playing field during the game. As much as you want to help out, game time is when you want to allow the kids to 'play' the game. Let them use what you've taught them during practice. During the game, the kids begin to learn and explore soccer on their own and make their own mistakes. The desire for this 4 v 4 league is for the players to make their own decisions and not act as little robots that continually look to the coach for their next move. During the game you the coach should note what needs to be corrected and at the next practice or after the game make suggestions to the player. 'Trailing' the kids during the game actually detracts from their development. We understand that they may need assistance during restarts and getting the ball back into play. The referee is instructed to be instrumental in that aspect. Please also note that no coach or parent is permitted behind the goals. **Any coach promoting a pseudo-keeper and not involving the child in the game can and will be reported to the 4 Foot soccer staff.**

**Referee:** The referee's job is to keep the playing environment FUN, SAFE and focused on the child. Duties are the same as a Referee under FIFA Laws of the Game: keep time, enforce rules, stop and restart play. When you stop play for a foul or other reason, **take the time to explain to the players WHY!** This is their first experience with 4v4 soccer, too, and the best time to educate all on the Laws of the Game.

**Parents:** Parents are encouraged to allow the children to play freely. Your role in 4 v 4 soccer is to provide the players with an environment that is safe and fun; hook them on the game. Free play in a limited area propels players into a high number of one against one match-ups which develops skill. Basically, whoever is nearest, whether attacking or defending, does the job. The game is the teacher. Without a goalkeeper, every player takes shots with great frequency. Watch closely. Children like to score goals! With less structure and fewer rules, children are free to play and learn about a great game.

**Ball Size:** U8 will use a No. 3 ball for competitions. The No. 4 ball will be used for U10-U16. The No. 4 ball is recommended by the World Health Organization, or WHO, for health reasons, and by the world of football, to facilitate youth soccer players in their acquisition of technical skills and for them to achieve a superior tactical learning.