



Summer 4v4 Rules

FIELD DIMENSIONS: The playing field is approximately 30 yards long and 20 yards wide (+/-) for all age groups.

TIME: Each half will consist of two periods of 30 minutes with a 5-minute half time break. Whistle will indicate start and stop.

GOAL SIZE: Goals are four feet high by six feet wide.

GOAL BOX: The goal box is 10 feet wide and six feet deep. **No player may touch the ball in the goal box.** However, any player may move through the goal box. Any part of the ball or player on the line is considered inside the goal box. If a defensive player touches the ball inside the goal box, a goal is awarded to the offensive team. If an offensive player touches the ball inside the goal box, a goal kick is awarded to the defensive team. If the ball comes to rest inside the goal box, a goal kick is awarded to the defensive team regardless who touched the ball last.

NUMBER OF PLAYERS: A maximum of 10 players are allowed per team unless you have more. There are no goalkeepers in 4 v 4 soccer. Teams may have up to two (2) players under the age of thirty on their roster. Only one (1) player under thirty per team shall be on the field at any given time during the game, unless both teams agree otherwise.

SUBSTITUTIONS: Substitutions may be made during any dead ball situation or on the fly, regardless of possession.

KICK INS: The ball shall be kicked into play from the sideline instead of thrown in. Kick ins are indirect kicks.

FIVE YARD RULE: In all dead ball situations, including kick offs, the defending players must be at least five yards from the ball. If a free kick is awarded within five yards of the defending team's goal box, then the ball will be moved five yards from the goal area in line with the place of the penalty.

KICK OFF: Kick offs may be taken in any direction. Kick offs are indirect kicks.

FREE KICKS: All free kicks are indirect kicks.



CORNER KICKS: Corner kicks are direct kicks.

GOAL KICKS: Goal kicks may be taken from any point on the end-line.

THERE ARE NO OFFSIDES.