



4v4 Guidelines

1. No player may play the ball with their hands.
2. All free kicks are indirect
3. Throw ins when out of bounds
4. No off sides
5. Goal kicks are placed 3 steps from the end of the goal line. (5 steps for U6 and U8). No goal keepers in U4 or U6.
6. There are four players on the field with the exception of U4 who will play with 3 players on the field.
7. Game time at the discretion of the supervisors. Suggest 2-30 minutes halves with players playing in 5-8 minute intervals. 5 minute half time intermission.
8. Substitutions may be done during running time. Player being substituted for must be off the field before the other player may enter.
9. 4v4 is designed for self learning. No coaching is required. Supervisors are to make foul calls and time the players equally. Give encouragement and praise.

