

4 v 4 RULES

Roster: Eight is the maximum number of players on each team's roster: 4 field players; NO goalkeeper.

Game Duration: The game shall consist of four 10-minute quarters separated by one minute breaks in between. The team listed first on the schedule will take the kickoff. There are no timeouts and the game clock does not stop. The Referee has the official time on the field.

Substitution: Substitutions may be made during any dead-ball situation, Substitutions may **NOT** be made on the fly! Kick Offs / Kick Ins / Direct and Indirect Kicks / Goal Kicks / Penalty Kicks are dead ball situations.

Goal Box: The goal box is a marked arch on the field. No player may touch the ball within the goal box, however any player may move through the goal box. Any part of the ball or player's body on the line is considered in the goal box; the player is an extension of the box. An **INFRACTION** occurs if a defender touches the ball in the goal box, a *penalty kick* is awarded to the offensive team. If an offensive player touches the ball within the goal box, a goal kick is awarded to the defensive team.

Kick Off: May be kicked in any direction. You cannot score directly from a kick off (ball must be 100% over the midline to be considered on the offensive half of the field). The kick off is an indirect kick.

Throw-Ins: When a ball goes out on the sideline, a throw-in is used to put the ball into play.

Direct & Indirect Kick: All dead-ball kicks (kick-ins, kick-offs, free kicks) are indirect with the exception of corner kicks and penalty kicks. If a free kick is awarded within five yards of the opposing goal box, the ball will be moved back to five yards from the box. It is the referee's discretion where the ball will be placed.

Goal Kicks: May be taken from any point of the end line. All Goal Kicks are indirect kicks.

Penalty Kicks: Shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by an infraction. Penalty kicks are DIRECT kicks taken from the center of the mid-line with all players (on both teams) behind the mid-line. Penalty kicks are dead ball infractions. If a goal is not scored, the defense obtains possession with a goal kick. Five Yard Rule: In all dead-ball situations, defending players must stand at least five yards away from the ball. If the defensive player's goal is closer than five yards, the ball shall be played five yards from the goal box in line with the direction of play prior to the penalty.

Goal Scoring: A goal may only be scored from a touch (offensive or defensive) within the team's offensive half on the field. The ball must be completely on the offensive half of the field, and cannot be touching the mid-line (Example: kick-off). If a player in their defensive half kicks the ball across the midline and the ball hits another player (offensive or defensive) in their offensive half, and the ball goes in the goal, a goal will be awarded. If a ball is kicked from the defensive half and is not touched before the ball rests in the goal, a goal kick is awarded to the defensive team. A goal cannot be scored from an indirect kick, such as a kick-in from out-of-bounds.

There are no Goalkeepers in 4v4.

No Off-sides in 4v4.

No Slide Tackling in 4v4. If a player is sliding for the ball, contact with any player(s) from the other team is NOT ALLOWED. If a player slides and contact is initiated, a free kick shall be awarded. This does not prevent players from sliding to stop/intercept a ball where contact is not initiated during the slide. Example: a player may slide to save a ball from going out-of-bounds, so long as no contact is made with an opposing player. Hand Ball Clarification: Deliberate handling of the ball that denies a team of an obvious goal-scoring opportunity will result in the following: (1) A penalty kick (at the discretion of the referee) (2) A yellow or red card given to the player committing the hand ball (at the discretion of the referee).