

# 4v4 RULES & PLAY DATE DETAILS



-Field dimensions 30x40

-Two halves - 25 min games running clock with 5 minute halftime break and games start on time

-Sub on any stoppage

-4v4 no goalies

-Goals can only be scored inside the attacking half to encourage combinations and dribbles

-Kick-ins on balls out of bounds

-No players can touch ball inside marked area in front of goal or penalty kick for defending or free kick if attacker touches ball

-All fouls outside penalty box are indirect kicks

-Penalty kicks will be taken from midfield (penalty happens from defending and touching ball in the box)

-Coaches/Directors will be managing the fields. If your team has a coach they must wear a mask to be on field.

-Only one coach per team and no parents are allowed on any playing surface at any time.

-Masks are mandatory at all times for any coach

-Masks are requested to be worn by players entering and exiting the fields.

-Mask do not have to worn by players once they start physical activity for games.

-We want all parents to wear masks while on the sidelines.

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Format is 4v4 with NO GOALKEEPER

**Number of Players:**

Minimum players on field is 2 --Maximum rostered players is 7.

**Offsides:** There are no offsides.

No official score will be recorded.

**Scores and standings:** Scores and standings are not kept. However, coaches should keep a record of the scores in order to assess the need to re-balance the teams

**Not enough players:** If one or both teams have fewer than 5 players, coaches are encouraged to be creative in moving players so that the teams can play a fair game. If either team has less than 4 players to begin the game, coaches should mix teams as needed to allow the game to be played for the enjoyment

**Duration of game:** The game is two 25minutes with a 5 minute half time break, with no half-time. The clock does not stop for the 25 minute.

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**Kick-off:** A kick-off is used to start play at the start of the game and to restart play after a goal has been scored. The ball must be stationary at the center mark.

**Clothing:** Each player must wear their CITY jersey, navy shorts and navy socks, jersey are supplied by the club but parents must buy shorts and socks. Teams will be divided with SSC bibs at the field prior to the game. In addition, each player must wear shin guards and appropriate footwear, which are not supplied by the club. Footwear must have outdoor soccer shoes. No jewelry may be worn by the players, except Medic Alert bracelets. Eyeglasses must have shatterproof lenses and no sharp edges or corners on the frame.

**Referees:** We do not use referees for ADP play dates. The volunteers coaches act as both coaches and referees.

**Playing Time:** Each player SHALL play a minimum of 50% of the total playing time

**Make-up Games** will be on Friday nights

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## The Field:

### A. Dimensions:

1. The field shall be approximately 30 yards long and 25 yards wide.
2. Distinctive lines will be identified with cones.
3. A halfway will be marked out across the field with tape, if possible

## Goals:

6ft. Goals

## The Ball:

Size four (4).

## Throw-in:

- A. Kick-in or Dribble-in is used in place of a throw- in
- B. Opponents should be at least four (4) yards away until ball is in play

## Goal Kick:

- Conform to FIFA with this exception:
- Defending team (team not taking goal kick) will back up to the halfway line. Once ball is touched for goal kick defending team can come out of their half.

## Corner Kick:

- No corner kicks – in situations where a corner kick would be awarded a goal kick is awarded.

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