



4v4 Teams (Basic Rules)

Dribblers & Trappers

Each team will play TWO simultaneous games on game day. The head coach should select four players to play on each field. All remaining players should remain in the substitution/coaching lane between both fields. Each game should be supervised by an assistant coach/parent from each team. Players can be moved between the fields during the game.

If one or both teams do not have enough players to play two 4 v 4 games both coaches should consider playing one or both games in a 3 v 3 format. A referee will be assigned for both sides of the field. Teams are to use both fields and both referees if at all possible.

Rec. Field size:	30 by 25 yards
Rec. Goal size:	6ft by 4ft
Ball size:	Size 3
Duration of game:	2 – 20 minute halves with a 5 minute half time break
Number of referees:	2 in total - 1 referee per field (There are no linesmen)
No. of players:	4 (No Goal Keepers) All players shall play at least 50% of the game!
Substitutions:	Unlimited and on any deadball situation or kick in (Follow FIFA rules for entering the field. Corner kicks and free kicks are not dead ball situations.
Heading:	No Intentional Heading – an indirect free kick will be given to the opposing team.
Punting:	No punting due to no Goal Keepers.
Slide Tackles:	Slide tackling is not allowed
Goal kicks:	Place on either corner of the box. (Opposing team should be behind the half field line)
Throw-ins:	Players will replace a throw in with a kick in or dribble in.
Free Kicks:	All free kicks will be indirect. (Opposing team should be 5 yards away)
Penalty kicks:	There are no penalty kicks, instead an indirect kick will be given outside the box.
Offsides:	There will be no off sides.

All other rules come under FIFA regulations!
Current FIFA rules are in the link under resources

Please respect the referees, your opponents and their families

Have a great season