

# 4v4 Rules

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## Duration of the Game

- Four 8-minute quarters
- 2 minute break between quarters
- Water breaks should not be necessary during the quarter (be sure to hydrate during the 2 minute breaks).

## Number of Players on Field:

- 4v4 - no goalkeepers
- Minimum: 3 players on the field

**Goals:** 4 ft high and 6 ft wide

**Ball:** Size 3 ball to be provided by the home team.

**Restarts:** Kick-ins. All restarts are indirect – must touch someone else before crossing goal line

**Throw-ins:** No

**Heading:** Not Allowed (per USSF Mandate)

**Referees:** Volunteer/Team Coaches

## Number of Players

- Maximum number of players per team on the field at one time is four (4).
- Minimum number of players per team on the field to start or continue the game is three (3). Coaches should loan players to a team that is short handed in order to allow all children to play and have fun!
- Substitutions can be made on any stoppage of play ie. kick-in, kickoff, free kick, goal kick, corner kick, or injury.

## Playing Time

- Each player **MUST** play a minimum of 50% of the total playing time.
- Coaches **MUST** make every effort to balance playing time between all players at the game.

## Players' Equipment

- Uniforms: Players are required to wear the appropriate **BLUE** (Home) or **WHITE** (Away) BMC jerseys at all games. *Uniforms must be returned at the end of the season or a fine of \$40 will be due.*
- Players must not wear anything dangerous to themselves or another player (No jewelry of any kind).
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats recommended, not required. No shoes with toe cleats (baseball cleats). No metal cleats.

## Referees

- Both teams' on-field coaches work together to officiate the game and ensure all players are safe and enjoying the game.
- Only one coach per team is allowed on the field.
- Team volunteers must complete a background check before working with the team in any coaching capacity.

## Starting the Game

- The game begins with a kickoff in the center circle, by the Home team, to start the first half. The Away team will kick off to start the second half. The opposing team must be outside the center circle on their own half of the field.
- The player taking the kickoff cannot touch the ball a second time before it has been touched by another player. For a violation of this rule, the kick shall be retaken.
- A goal may NOT be scored directly from the kickoff. It must touch another player before going into the goal. If the ball is kicked directly into a goal from a kickoff, award a goal kick.
- A kickoff occurs at the beginning of each quarter and after each goal.

## Ball In and Out of Play

- The ball is out of play when it has entirely crossed over the touchline.
- Sideline restarts are kick-ins. Opposing players must be 3 yards away

## Method of Scoring

- The ball must completely travel over the goal line, inside of the goal.
- Players are not allowed to score a goal from own half, must be in attacking half

## Off-Side

- There is no offside in 4v4.

## Fouls and Misconduct

- All fouls will result in an in-direct free kick with the opponents 6 yards away.
- The coach/team volunteer are to explain ALL infractions to the offending player.
- No slide tackling. Coaches are not to instruct or encourage players to play on the ground. Players should be encouraged to stay on their feet to tackle the ball from an opponent.

## Free Kick

- All fouls will result in an indirect free kick.
- All opponents must be 6 yards away until the ball is in play.

## Penalty Kick

- No penalty kicks for this age group.

## Goal Kick

- Opponents must be no closer than the midfield line until the ball is in play.
- Goal kicks are taken from the team's goal line or goal area.
- A goal may NOT be scored directly from a goal kick.

## Corner Kick

- Awarded when ball crosses goal line, except through the goal, and was last played or touched by a defending player. Attacking team to take corner from same side of the goal on which it went across the goal line.
- Opponents must be 6 yards away from the ball.

Special Note to Coaches/Parents BMC wants coaches to teach and encourage players to be aggressive to the ball. However, BMC instructs the coaches to call fouls when players are aggressive to the ball in an unsafe or out of control manner, or if a player by his/her words or actions shows he/she has intent to foul.

