



Laws/Rules of the Game For 4V4

The following guidelines are intended to promote consistency in the rules used during the game of soccer. We ask coaches to share this information with assistant coaches and parents. Revised January, 2012

1. FIELD

- DIMENSION
 - U5: The field of play is rectangular with the length being 30 yards and the width being 20 yards.
 - U6: The field of play is rectangular with the length being 35 yards and the width being 20 yards.
- SIZE OF THE GOAL:
 - U5 – U6: 4 feet tall by 6 feet wide

2. BALL SIZE

- Size 3 -use hand stitched ball

3. NUMBER OF PLAYERS

- Two teams of 4 players on the field, each roster, max 8 players
- No player may act as goalkeeper
- Substitutions are allowed on any stoppage of play. This includes the following:
 1. When ball has gone out of play including goal kicks and corner kicks
 2. After a goal has been scored and injury time outs
 3. Prior to either teams throw-in

The intent of this rule is to ensure that coaches have the opportunity to substitute often ensuring that players are not unnecessarily fatigued. This will also prevent players from sitting out too long on the sidelines

- Coaches are encouraged to rotate their players every 2 to 3 minutes
- ***Each player shall play a minimum of 50% of the total playing time***

4. PLAYERS EQUIPMENT

- All players must wear shin guards
- No metal cleats may be worn. Tennis shoes are acceptable to wear
- Socks MUST cover the shin guards completely
- Players may not wear any kind of metal or plastic hair restraint, hair beads, earrings, necklaces, bracelets, or other jewelry during practices or games
- The following items are CONDITIONALLY permitted:
 1. Religious medals or medical tags which are taped to the body
 2. Splints, casts, braces or other joint support devices that, on both coaches' opinion are not dangerous and/or are padded with pliable materials to eliminate the dangerous condition.

5. GAME DURATION

- 2 -20 minute periods
- There will be a 5 minute break at half-time. Teams change sides at half-time

6. THE START OF PLAY



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- Start each period or restart the game after a goal is scored with a kickoff at the center of the halfway line. All players must remain on their own side of the halfway line until the ball is kicked. All opposing players must be at least 5 yards from the ball prior to the kick
- The player taking the kick may not touch the ball a second time until it has been played by ANY other player. (Double touch -see law 13)

7. BALL IN AND OUT OF PLAY

- When the ball goes out of play, the game is restarted as follows: The ball is out of play when the whole ball crosses the entire touchline or goal line, whether on the ground or in the air. The ball is in play at all other times
- Restart with a kick-in if the ball goes out of play over the touchline (sideline). The kick-in will be taken by a member of the opposing team that last touched the ball. The ball shall be placed on the touchline or outside the field within a yard from where the ball went out
- When play is stopped due to an injury, bad weather or other reason not covered elsewhere in these rules, the game is restarted with a dropped ball at the place where the ball was located when play was stopped

8. METHOD OF SCORING

- A team is awarded a goal each time the whole ball crosses the portion of the goal line under the cross bar and between the posts in the goal that they are attacking. If a defending player unintentionally scores a goal in his own goal, the goal is awarded to the attacking team
- Goals can be scored from anywhere on the attacking half of the field
- Goals cannot be scored directly by a team from their half of the field
- Goals cannot be scored directly from kick-offs, free kicks, goal kicks or corner kicks. Once the kick is taken, if any player (attacker or defender) touches the ball and the ball goes in the goal, a goal is awarded to the attacking team
- Players may enter the goal box at any time

***Team records** shall be kept at the U5 and U6 age for the purpose of flighting teams only. No league awards will be given out based on win/loss records. Our objective is to place similarly skilled teams in the same divisions. Despite our best intentions, there will be games when two teams are not of equal level and ability. It is the belief of Colorado Hawks coaching staff and the Association that when there is a great disparity in the skill level of two teams during a game, the potential for a positive soccer experience may be diminished. There is also the potential for negative player and parental feelings towards the game, opposing team and opposing coach.

*** U5-U6:** In the event that one team is ahead in the game by a 5 or more goal differential, the losing team has the option to add one extra player to the playing field. This is to be called the 'Good Sportsmanship Rule'. The intent of this rule is to create an environment that is both fun and challenging for both teams.

9. OFF-SIDE

- There is NO off-side in 4v4 soccer



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THE ROLE OF THE SWEEPER FOR 4V4 GAMES

- The sweeper is a “field player” – not a goalkeeper who can use his/her hands. The sweeper's job is to sweep up mistakes of his or her teammates or to sweep away the balls that get past his or her teammates. This job is usually done from a position of about 5-10 yards behind the other players. As the ball moves up, the sweeper should also move up, usually trailing 5-10 yards behind the play

Remember 3 things

1. Unlike football, which has numerous stoppages of play, soccer is a “player’s game” in which they must constantly make decisions on their own because it is a continually moving game
2. This is a “real soccer game” not a game of football, sweepers can and should be encouraged to move/adjust with the play of ball
3. It's not about winning at this age; it's about teaching and developing

10. FREE-KICK

- The kick is taken where the foul was committed or 5 yards from the goal line of the defending team, whichever is greater. All opposing players must be situated at least 3 yards from the ball. The kicker cannot touch the ball twice in a row -the ball needs to be touched by another player
- Double Touch -If the player taking the free kick (kick-in, goal kick, corner kick or kick-off) touches the ball twice in a row prior to being played by any other player, a free kick is awarded to the opposing team
- The team taking the free kick may take a “quick” kick prior to the opponents being 3 yards from the ball. If 3 yards is requested by the kicking team, they must wait until the defensive team is ready before taking the kick

11. PENALTY KICK

- There are no penalty kicks in 4v4 soccer

12. GOAL KICK

- Restart with a goal kick if the ball goes out of play over the goal line, last touched by a member of the attacking team. The ball is placed anywhere inside the goal area. Opponents must be positioned at least five yards away from the ball and outside the goal area

13. CORNER KICKS

- Restart with a corner kick if the ball goes out of play over the goal line, last touched by a member of the defending team. The ball is placed on the corner of the field closest to the place where the ball went out or inside the field within a yard from that corner. Opponents must be positioned at least 3 yards from the ball

14. REFEREE/FOUL

- All ages: no player shall kick, strike, trip, jump or knee another player. Players shall not intentionally touch with the intent to control the ball with their hand or arm. Players may make shoulder to shoulder contact (legal charging) while playing the ball. A player without control of the ball may not keep another player from playing the ball, this is obstruction. No player shall kick above the waist or otherwise play dangerously. In the event of an infraction, a free kick will be awarded.
- For U5 – U6 there are no referees and no adults allowed within the boundaries of the field.



Laws/Rules of the Game For 4V4

Coaches can help from the sidelines to make out of bounds calls. In the event of a foul, Colorado encourages each coach to call their own team's fouls. After the foul has been called play will stop and the coach will explain the call to the player and proceed by awarding the opposing team an indirect free kick. Please err on the side of letting the kids play. Do not get caught stopping play excessively. The only exception to the rule is for brand new U5 teams. For these teams, coaches will be allowed on the field to help facilitate play in the fall season only. There will be no slide-tackling at this age. Slide tackles will result in a free kick to the opposing team.

15. FRIENDSHIP LINE

- Opposing coaches and players should meet in the center of the field and shake hands after each game. Or form a Parent Tunnel for players to run through after each game