



4v4 Summer Soccer League Rules

FIELD: The field size is approximately 40yds x 20yds. The goal size is approximately 4ft x 6ft. The goal box is approximately 2yds x 4 yds. The field is a synthetic turf surface. Regular cleats can be worn.

BALL SIZE: Age appropriate. Must be provided by Home Team. **TEAMS:** Consist of a minimum four to a maximum of six players. There are no goalies in 4v4.

SUBSTITUTION: Free substitution any time the ball goes out of bounds, after a goal is scored, and/or any time there is a stoppage in play. There is no substitution allowed during running play.

LENGTH OF GAME: All games will be 40 minutes long (4 10 minute quarters). The clock will be a continuous running clock. No stoppage time.

START OF GAME: The clock will start with the referees whistle. If both teams and the referee are ready to go before the whistle, they may begin early and get the extra game time.

END OF GAME: Games will end with the sound of three whistles.

REFEREES: One referee will officiate each game. All referee decisions are final.

OFFSIDES: There are no offsides in 4v4.

MISCONDUCT: Any player that receives a red card will be suspended for a minimum of one game.

BALL OUT OF BOUNDS: Any time the ball goes out of bounds, it results in a kick-in for the opposition. The opposing team must be 4 yards away on all kick-ins. If the ball goes out for a goal kick, the ball may be placed anywhere on the goal line. Goals cannot be scored directly from a kick-in or goal kick.

FREE KICKS: All free kicks are indirect. Defenders must be 4 yards away. If the free kick is closer than 4 yards from the edge of the goal box, then the defenders must stand on the line of the goal box.

KICK-OFFS: Kick-offs can go backwards. A goal cannot be scored directly off a kick-off, therefore, it is indirect.

GOAL BOX & VIOLATIONS: Players are not allowed to play the ball when it is in the goal box. If a player enters the goal box the referee will remind them to move. If a defender plays the ball while in the goal box, the result is a penalty kick to be taken from half field. If an attacking player plays the ball in the goal box, it results in a free kick for the defending team. The free kick will be taken from the edge of the goal box. All goal box violations are at the discretion of the referee.

PENALTY KICKS: A penalty kick is taken from the kick-off line and may not be contested by the other team. All players on the field must stand behind the penalty taker. If the kick goes in, it is a goal. If the kick misses or hits the post, the result is a goal kick.



UNIFORMS: Home team is listed first and must change if there is a uniform conflict. Uniforms do not need to have numbers on them. Shin guards must be worn by all players.

PLAYERS, COACHES, & SPECTATORS: Only players and coaches are allowed on the main field. All parents/spectators must stay on the perimeter of the field (SEE MAPS).