

US Youth Soccer Official Playing Rules for

4 v 4

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US Youth Soccer Recommended modifications to the FIFA Laws of the Game. FIFA Laws of The Game can be found at www.fifa.com

Law I-The Field:

A. Dimensions: The field of play shall be rectangular, its length being not more than 50 yards nor less than 40 yards and its width not more than 30 yards nor less than 20 yards. The length in all cases shall exceed the width.

U S Youth Soccer Recommendation: Length 50 Yards Width: 30 Yards

B. Markings:

Distinctive lines not more than (5) inches wide.
A halfway line shall be marked out across the field.
A center circle with a five (5) yard radius. Four corner arcs each with a two (2) foot radius.
Goal area: Three (3) yards from each goal post and three (3) yards into the field of play joined by a line drawn parallel with the goal line.

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C. Goals: The size of hockey goals up to 6 x 12 feet.

Law II-The Ball: Size three (3)

Law III-Number of Players:

A Maximum number of players on the field at any one time are four (4).
B. Maximum number of players on the roster should not exceed seven (7).

C. There are NO Goalkeepers.

D. Substitutions: Anytime ball is out of play with the permission of the Referee or Game Official.

Casa modification/ Recommendations:

01) Keep teams balanced to maintain a competitive environment

02) Adjust, to make it fun for the kids and let them play.

E. Playing time: Each player SHALL play a minimum of 50% of the total playing time

F. Teams and games may be coed.

Law IV-Players Equipment: Conform to FIFA with the following exceptions:

A. Footwear: Tennis shoes or soft-cleated soccer shoes

B. Shinguards are mandatory.

Law V-The Referee: Rather than require a Certified Referee, an OFFICIAL (Game Manager, coordinator, Observer, Parent/Coach) may be used. Their job is to keep the playing environment FUN, SAFE and focused on the child. Duties are the same as a Referee under the FIFA Laws of The Game: keep time, enforce the rules, stop and restart play. When you stop play for a foul or other reason, take the time to explain to the players WHY! This is their first experience with soccer, too, and the best time to educate all on the Laws of The Game.

Law VI- Assistant Referee: Not used in the small-sided game.

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Law VII-Duration of the Game:

A. The game shall be divided into four (4) equal, ten (10) minute quarters.

Casa modification/ Recommendations:
Time maybe adjusted due to weather conditions(very hot or cold) and player situations. Both coaches and the referees must agree.

ALWAYS PUT THE PLAYERS SAFETY FIRST!

B. There shall be two (2) minute break between quarters one and two and another two (2) minute break between quarters three and four.

C. There shall be a half-time break of five (5) minutes.

Law VIII-The Start of Play: Conform to FIFA, with the following exception:

A. Opponent must be five (5) yards from the center mark while kick-off is in progress.

Law IX-Ball In and Out of Play: Conform to FIFA: Ball must completely cross over goal line to be out of play.

Law X-Method of Scoring: Conform to FIFA: Ball must completely cross over goal line and between posts and beneath crossbar to count.

Law XI-Off-Side: There is no offside in small-sided games.

Law XII-Fouls and Misconduct: Conform to FIFA with the following exception:

A. All fouls shall result in an indirect free kick with opponent five (5) yards away.

B. The referee/coach/parent must explain ALL infractions to offending player.

Law XIII-Free Kicks: Conform to FIFA with the following exception:

A. All free kicks will be indirect.

B. Opponents must be five (5) yards away

Law XIV-Penalty Kicks: There are no Penalty Kicks in small-sided games.

Law XV-Throw-In/Kick-In: **Replaced by a Kick-in.**

Awarded when ball completely crosses sideline.

A.Kick-in is considered as an indirect free kick with the opponent five (5) yards away from the ball.

Law XVI-Goal Kick: Conform to FIFA with the following exception:

A Goal kick may be taken any where within the goal area.

Casa modification: Goal kick can be taken anywhere within the box.

B. Opponents must be five (5) yards away from the ball.

Law XVII-Corner Kick: Conform to FIFA with the following exception:

A. Opponents must be five (5) yards away from the ball.

B. Corner Kicks are Indirect Free Kicks.

US Youth Soccer Recommendations:

-Opposing parents/coaches and players should shake hands after each game.

-Participation awards for ALL- No trophies or awards just for best team.

-Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters.

-No alcoholic beverages will be consumed or allowed near the playing area.