

# **Lions FC Winter Blast Tournament**

## **Academy Rules of Play (4v4 & 7v7)**

### **4v4 Rules**

1. MATCH PLAY: Each match will be played in the 4v4 format, consisting of 4 field players and NO goalkeepers
2. RESTRICTION/BUILD OUT LINE: The restriction line/build out line will be the midline. On goal kicks, the defending team must drop behind the restriction/build out line. The opposing team's players may cross the restriction/build out line after the attacker has received the ball/after the attacker first touch outside the box.
3. DURATION: The duration of the match 2x15 minutes
4. HEADING THE BALL: Heading the ball is not allowed. If a player heads the ball a drop ball shall be awarded at the spot the ball was headed and if a player heads the ball inside the penalty area, a drop ball is awarded on the restriction/build out line.
5. THROW INS: There are no thrown ins. All restarts are kick ins which are all indirect kicks.
6. GOAL BOX: The goal box or arc. No player may touch the ball within the goal box; however, any player may move through the goal box. Any part of the ball or player's body on the line is considered in the goal box; the player is an extension of the box. An infraction occurs if a defender touches the ball in the goal box, a penalty kick is awarded to the offensive team. If an offensive player touches the ball within the goal box, a goal kick is awarded to the defensive team. Habitual touches in the goal box MAY result with a Yellow Card given to offending party. If the ball comes to a complete stop in the goal box, regardless of which team touched it last, a goal kick is awarded to the defensive team.

### **7v7 Rules**

1. MATCH PLAY: Each match will be played in the 7v7 format, consisting of 6 field players and 1 goalkeeper.
2. RESTRICTION/BUILD OUT LINE: We will have a restriction line/build out line that will be 10 yards from the top of the penalty area. This line will be visible with a painted line. On goal kicks the defending team must drop behind the restriction/build out line. The opposing team's players may cross the restriction/build out line after the attacker has received the ball/after the attackers first touch outside the box. On goalkeeper possession, the defending team must drop behind the restriction/build out line. The opposing team's players may cross the restriction/build out line after the attacker has received the ball/after the attackers first touch outside the box.
3. DURATION: The duration of the match 2x20 minutes
4. PUNTING RULE: Punting the ball (defined below) is not allowed. If a the goalkeeper punts the ball, play is stopped and the opposing team is awarded an indirect free kick on the midfield line.

Definition of punting: Goalkeeper cradles the ball in the palm of the hand (or both hands) drives the kicking foot forward through the ball. It will also be considered punting if the Goalkeeper drop kicks the ball.

5. HEADING THE BALL: Heading the ball is not allowed. If a player heads the ball outside the penalty area, a drop ball shall be awarded at the spot the ball was headed. If a player heads the ball inside the penalty area, a drop ball is awarded on the restriction/build out line.
6. Throw ins - Conform with FIFA rules.