



8u 4v4 Rules

1. **Ball Size:** Size 3 ball
2. **Goal:** The goal is approximately 4' x 6'
3. **Length of Play:** Four 12 minute running quarters (clock doesn't stop) with 2 minute break between quarters and 5 minute break for halftime.
4. **Number of players:** Each team will have four players on the field. **There are no goalkeepers.** Do NOT HAVE PLAYERS JUST STAND IN FRONT OF THE GOAL!!! DO not have a player planted directly in front of the box "acting as a goal". **All players should be moving around the field!**
5. ***Substitution:** Both teams may be allowed to substitute all their reserves once during a quarter. The scheduled substitutions should be made around the six minute mark during coach/referee designated stoppage of play.
Coaches can make exceptions for substitutions for injuries, weather, coach requests a substitution, etc. Unscheduled substitutions shall happen during own throw-in, own goal kick, or any goal restarts, injury stoppage and half/quarter starts.
6. **Free Kicks:** All free kicks are indirect. Defensive players must be at least 5 yards from the ball. Please note that starting or restarting the game from the center circle is considered an indirect kick, therefore a player may not shoot the ball from the kickoff.
7. **Improper Throw-ins:** If an improper throw-in is made the coach should instruct the player, and allow the player to try again. A player cannot score a goal from a throw-in unless another player on the field touches it.
8. **Goal Kicks:** Goal kicks will be taken within anywhere along the end line. Opposing players must be in their own half of field until ball is in play. *Ref US Youth Soccer Law 16*
9. **Goalie Box/Arc :** There will be 4 yard arc (from center of goal) around the goal. **Players are NOT allowed to touch the ball in the box/arc.** If a ball rolls into the box, players must allow the ball to stop rolling completely. If the ball stops in the box/arc the coach will restart the game with a goal kick. If the ball rolls through the box, play continues.

If an offensive player touches the ball in the box/arc, a goal kick will be awarded. If a defensive player touches the ball in the box/arc, the offensive team will be awarded a goal and the game will restart from the center circle.

Players shall not act as a goalie, or a sweeper defender in his/her 1/3 of the field when her team has possession of the ball (play is on her offensive end of the field); No goal will count. Coach will award an indirect free kick to the defending team from the center spot on the halfway line.
10. **Defensive Wall:** A defensive wall may be set up on any indirect kick. The wall must be a minimum of 5 yards from the ball.
11. **Corner Kicks:** There are no corner kicks. A throw-in should be awarded from the side.
12. **Indirect Kicks:** An indirect kick requires the ball to rotate at least a 1/2 turn. If a player taps the top of the ball, it will not be considered a proper indirect kick and should be taken again. The nearest defensive player must be a minimum of 5 yards from the ball.

U-8 4v4 Rules continued

13. **Offside:** Offside is not enforced.
14. **Coaching from endlines:** No one including parents may be on the end lines. At this age, we encourage the coach/es to be on the field helping coach the players.
15. **Referee Guidelines:** Coaches are the referees for this age group. Each coach can ref “their half of the field”.
16. **Player equipment:** Every player must wear shin guards and soccer cleats.
17. **Goals may only be scored when the ball is played from the offensive team’s side of the field.** Balls that are scored from the defensive end will result in a goal kick for the opposing team.
18. **NO SLIDE TACKLING.** Please encourage players to stay on their feet when trying to win the ball.
19. **No heading the ball.** A player who heads the ball intentionally will also receive a warning. If a second intentional header occurs from the same player they will not be allowed to play for the remainder of that game.
20. **Game starts** and re-starts from the center circle may be played forward or backwards.
21. ****Blow Out Rule:** If at any time during the game a team achieves a 5-goal margin, the opposing team CAN be permitted to add an additional player. They will also be eligible to add an additional player for each additional increase in the margin over 5 goals. Once the margin is reduced below the 5 goal increment, all additional players should leave the field. For example:

Score Differential +4	- Extra Player Allowed: 0	(4 v 4)
Score Differential +5	- Extra Player Allowed: 1	(4 v 5)
Score Differential +6	- Extra Player Allowed: 1	(4 v 5)
Score Differential +7	- Extra Player Allowed: 1	(4 v 5)
Score Differential +8	- Extra Player Allowed: 1	(4 v 5)
Score Differential +9	- Extra Player Allowed: 1	(4 v 5)
Score Differential +10	- Extra Player Allowed: 2	(4 v 6)