

# Special Rules and Policies for U13 - U15 - 4v4 Play



## Recreational 4v4 Program:

Teams will consist of 6 players - this may be increased by 1 at the discretion of the area leader to accommodate registration numbers. No play ups allowed.

### Benefits

This 4v4 short sided play will increase the opportunities for the recreational U13 through U15 player. This type of play also allows more active play (more touches) for the player and helps the player to further improve their ball handling skills.

### Rules:

#### Number of Players

Six is ideally the maximum number of players on a team; four field players and two substitutes. A team must have a minimum of 3 field players to begin. Players may only play on one team. There are no goal keepers in 4-v-4. Rosters will be checked at the start of each game by the referee. Only registered players will be allowed to play. No registered Competition players will be allowed to play.

#### Substitutions

Substitutions may be made at any dead-ball situation, regardless of possession. There are no substitutions on the fly.

#### Equipment

Shin guards are required. No exceptions. No toe cleats allowed. A size 5 ball will be used. The home team will provide the ball.

#### Field Dimensions

The playing field is 40-50 yards long by 20-30 yards wide. The goals are 8 feet wide by 4 feet high to 12 feet wide and 6 feet high (or available U6 field and goals).

#### The Goal Box

There is no ball contact allowed within the goal box, however, any player may pass through the goal box. If the ball comes to rest in the goal box, a goal kick is awarded regardless of who touched the ball last. Any part of the ball or player's body on the line is considered in the goal box and is an extension of such. If a defender touches the ball in the goal box, a goal 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. The ball is placed on the goal line in front of the goal.

#### Game Duration

The game shall consist of two 15-minute halves separated by a 5 minute halftime period OR the first team to reach 12 goals, which ever comes first. Games tied at the end of play shall end in a tie. Teams not present at game time will forfeit. No timeouts in 4-v-4.

#### Goal Scoring

A goal may only be scored from a touch (offensive or defensive) within a team's offensive half of the field. Ball must be completely on the offensive half of the field - cannot be touching the midline.

#### There are no offsides in 4-v-4 & No slide tackling

#### Five Yard Rule

In all dead ball situations, including kickoffs, defending players must stand at least five yards away from the ball. If the defensive player's goal area is closer than five yards, the ball shall be placed five yards from the goal area in line with the place of the penalty.

#### Kick-Ins and Corner Kicks

All dead ball kicks (kick-ins, free kicks, kick-offs) are indirect with the exception of corner kicks and penalty kicks. Corner Kicks will be taken from the Corner.

#### Penalty Kicks

Shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by an infraction (the infraction does not automatically result in a red card). It is a direct kick taken from the center of the midfield line with all players behind the mid-field line and the player taking the kick. This is a "dead-ball" kick. If a goal is not scored, the defense obtains possession with a goal kick.

#### Hand Ball Clarification

*Deliberate* handling of the ball that denies the opposing team a goal or an obvious goal-scoring opportunity will result in the following:  
-a penalty kick will be awarded &  
-the player committing the foul will be sent off and shown a red card.

#### Cautioned Players (yellow card) and Player Ejections (red cards).

Players that receive 2 yellow cards in one game will automatically be suspended for their next game (no exceptions). Referees have the right to eject a player from a game for continual disobedience or as a result of an incident that warrants sending off. The team may then continue with their remaining two, three or four players, however, if the player receiving the red card was on the field of play, the team must complete the entire half a player short. The player receiving the red card will automatically be suspended for their next game (no exceptions). Players that are red carded need to leave the immediate playing area, including the fan and team areas.