

## Saratoga Springs 5<sup>th</sup>-6<sup>th</sup> Grade Soccer 4 v 4 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 4yds. Regular cleats can be worn.

**BALL SIZE:** Size 5.

**TEAMS:** Consist of a maximum of 8 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 four quarters that are 12 minutes long. There will be a 1 minute break between quarters and a 3 minute half time. Teams will switch sides at half time. The clock will be a continuous running clock.

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

**OFFSIDES:** There are no offsides in 4v4.

**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 direct. 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 wears white and away team wears blue. Shin guards must be worn by all players.

