



4v4 Definition & Rules

Kick-off: Opponents 6 yards away. Ball is in play when it is kicked and moves forward. Kicker may not touch ball again until it is touched by another player. After goals, kick off taken by team scored upon. Each quarter is started with kick-off, alternate teams each quarter. Switch sides at half time. Allow U4 & U6 to try again if done incorrectly.

Goal Kick: Taken by a defender after the whole ball has passed the goal line (except a goal) after it was last touched by an opponent. Ball is placed inside the goal area and the opponent must be outside goal area. The kicker may only touch the ball once before it is touched by another player.

Corner Kick: Taken by the opponent after the whole ball has passed the goal line (except a goal) after it was last touched by a defender. Ball is placed at the corner of the field; defenders must step away from the area. The kicker may only touch the ball once before it is touched by another player. A goal may be score directly from a corner kick.

Throw in: Taken at the spot where the ball crossed the touchline, taken by the team opposite to the player who last touched the ball. Taken with both feet on the ground, on or outside the touchline and delivered with both hands from behind the head. Allow U4, U6 and U8 to try again if done incorrectly.

Substitutions: You may substitute a player any time the ball goes out of play.

Scoring: The whole ball has crossed the goal line into the pug goal.

Fouls: Everything at this age is an indirect free kick. Ball must be touched by another player before a goal can be scored.

Slide Tackling: We strongly encourage you to teach the players no slide tackling. If they do, use discretion. Any tackle from behind is dangerous play and is a foul.

Offside: There is no offside at U4, U6 or U8.

Penalty Kick: There is no penalty kick at U4 or U6.

No players or coaches behind the goal lines during a game. No smoking or drinking allowed at any time on any field!

We are here to have fun!

Please set a good example for players when dealing with coaches and opponents.

