



4v4 PLAYING FORMAT & RULES

Last revised 8.24.2021

Playing Time: 4 quarters

- Kindergarten: 4 x 8 minutes quarters (32 Minutes Game + 25-minute practice)
- 1st Grade - 2nd Grade: 4 x 12 minutes quarters (48 Minutes Total)

Number of Players on Field: 4 v. 4

- No Goalkeepers (Coaches, be aware of players positioning)
- Minimum: 3

Ball Size: 3

Field Dimensions: 35 yards x 25 yards

Team Areas:

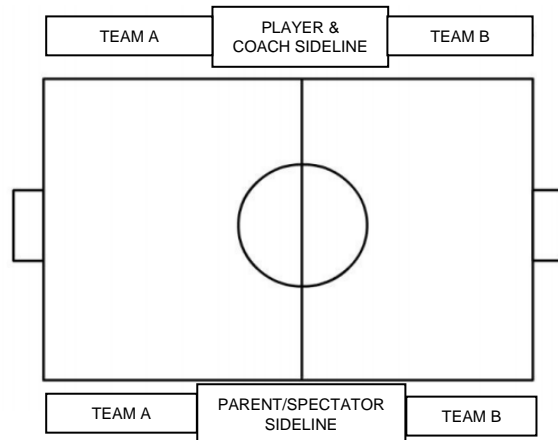
- Player & Coach Sideline: ONLY rostered players and officials allowed
- Parent/Spectator Sideline: MUST sit/stand on half of field directly opposite their team's players and coach(es)

Restarts: All restarts are indirect – must touch someone else before crossing goal line

Throw-ins: No

Heading: Not Allowed (per USSF Mandate)

Referees: Volunteer Coaches



Playing Time

- Playing Time: Each player **MUST** play a minimum of 50% of the total playing time.
- Coaches **MUST** make every effort to balance playing time between all players at game

The Field

- Dimensions: field size 35 yards long and 25 yards wide, with center circle
- Goals: 2 small goals. Max. size 4ft x 6ft

Number of Players

- Maximum number of players per team on the field at one time is four (4).
- Minimum number of Players: per team on the field to start or continue the game is three (3).
- Coaches should loan players to a team that is short handed in order to allow all children to play and have fun!
- Substitutions can be made on any stoppage of play such as a kick-in, kickoff, free kick, goal kick, corner kick, or injury stoppage.

Players' Equipment

- Uniforms: All Players are required to wear the appropriate NAVY (Home) or RED (Away) NCFC Youth jerseys at all games
- The team listed first on the schedule shall be the home team.
- Players must not use equipment or wear anything dangerous to themselves or another player (No jewelry of any kind).
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats are recommended (not required). No shoes with toe cleats (baseball cleats). No metal cleats.

Referees

- Only one coach per team allowed on field.
- Team volunteers **must** complete background check before working with the team in any coaching capacity.
- Both team's on-field coach-referees to work together to officiate the game and

ensure all players are safe and enjoying the game.

Duration of the Game

Kindergarten: 4 x 8-minute quarters

1st Grade - 2nd Grade: 4 x 12-minute quarters

- Half-time must be five (5) minutes
- Teams attack same goal for all 4 quarters.
- Quarter breaks must be two (2) minutes.
- The volunteer coaches shall allow for time lost through injury (only when a player is replaced) or accident but not allow the half to run longer than 20 mins = K / 30 mins = 1st & 2nd grade.

Starting the Game

- The game begins with a kickoff in the center circle, by the Home team, to start the first half. The Away team will kick off to start the second half. The opposing team must be outside the center circle on their own half of the field.
- The player taking the kickoff cannot touch the ball a second time before it has been touched by another player. For a violation of this rule, the kick shall be retaken.
- A goal may NOT be scored directly from the kickoff. It must touch another player before going into the goal. If the ball is kicked directly into a goal from a kickoff award a goal kick.
- A kickoff occurs at the beginning of each quarter and after each goal.

Ball In and Out of Play

- The ball is out of play when it has entirely crossed over the touchline.
- Coaches should try to let play flow to avoid constant stopping, and not call out of bounds in a strict manner, especially at Kindergarten (U6) level.
- Sideline restarts are kick-ins. Opposing players must be 6 yards away.

Method of Scoring

- The ball must completely travel over the goal line, inside of the goal.
- Players are not allowed to score a goal from own half, must be in attacking half

Off-Side

- There is no offside (K—2nd grade)

Fouls and Misconduct

- All fouls will result in an in-direct free kick with the opponents 6 yards away.
- The coach/team volunteer to explain ALL infractions to the offending player.
- While slide tackles are legal when done correctly, coaches are not to instruct or encourage players to play on the ground. Players should be encouraged to stay on their feet to tackle the ball from an opponent.

Free Kick

- All fouls will result in an indirect free kick.
- All opponents must be 6 yards away until the ball is in play.

Penalty Kick

- No penalty kicks for this age group

Goal Kick

- Opponents must be no closer than the midfield line until the ball is in play.
- Goal kicks are taken from the team's goal line or goal area.
- A goal may NOT be scored directly from a goal kick.

Corner Kick

- Awarded when ball crosses goal line, except through the goal, and was last played or touched by a defending player. Attacking team to take corner from same side of the goal on which it went across the goal line.
- Opponents must be 6 yards away from the ball.

Special Note to Coaches/Parents NCFC Youth wants coaches to teach and encourage players to be aggressive to the ball. However, NCFC Youth instructs the coaches to call fouls when players are aggressive to the ball in an unsafe or out of control manner, or if a player by his/her words or actions shows he/she has intent to foul.