

# ABYSA 4v4 Match Setup and Rules

## Field and Match Setup

- **Field Dimensions:** 35 yards x 25 yards
- **Game Format:** 4 v. 4 - No Goalkeepers
  - Coaches should loan players to a team that is short-handed in order to allow all children to play more, sit less and have fun!
  - **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.
- **Game Duration:** 4 x 10 minute quarters
- **Ball Size:** Size 3
- **Referees:** 1 referee
  - If a referee is not available then each coach will ref the half of the field in front of their 'bench'
- **Player & Coach Sideline:** **ONLY** players and officials are allowed on the 'bench' side or behind goals.
- **Parent/Spectator Sideline:** **MUST** sit/stand on half of field directly opposite their team's players and coaches

## Match Rules

- **No Heading:** Heading is not allowed until 13U per US Soccer's mandate
- **Substitutions:** Referee may allow substitutions at any stoppage of play: kick-in, kickoff, free kick, goal kick, corner kick, or injury stoppage.
- **Starting the Game:** The Ref will call two captains and will flip a coin to see who starts with the ball. If player wins toss they can choose to start with the ball or pick a half to defend.
  - The opposing team must stand 10 feet from midfield (or behind the painted hash marks)
  - The player taking the kickoff cannot touch the ball a second time before another player has touched it. For a violation of this rule, the kick shall be retaken.
  - A goal cannot 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 Out of Play:** the ball is out of play when the entire ball has crossed over the farthest side of a boundary line.
  - **Sideline restarts** are all kick-ins. Opposing players must be 6 yards away.
  - **Goal Kicks** are taken from the top of the goal box. The defending team must be behind the midfield line until the goal kick is played in.
  - **Corner Kick** is awarded when ball crosses goal line between the post and corner of the field and it was last played or touched by a defending player.

- Attacking team takes the corner from same side of the goal on which it went across the goal line.
- Opponents must be 6 yards away from the ball.

- **Off-Side:** There is no offside in the 4v4 format
- **Method of Scoring:** The entire ball must completely travel over the goal line, inside of the goal mouth.
  - Players are not allowed to score a goal from own half, the player scoring must be in attacking half.

## Fouls, Misconduct, and Rule Infractions

- **Dead Ball (Stoppage) Restarts:** All free kick and dead ball restarts are indirect – the ball must touch a 2<sup>nd</sup> player before crossing goal line.
  - All fouls will result in an indirect free kick with the opponents 6 yards away.
- **No slide tackles:** Players should be encouraged to stay on their feet to tackle the ball from an opponent.
- **No penalty kicks for this age group.** If there is an infraction inside of the goal box, an indirect free kick should be awarded from the closest edge of the goal box.
- **Excessive force and reckless tackles**
  - ABYSA wants coaches to teach and encourage players to be aggressive to the ball. However, Refs will call fouls when players are unsafe or out of control while tackling, or if a player's words or actions shows he/she has intent to harm an opponent

## Player Equipment

- **Uniforms:** Players are required to wear the appropriate home or away ABYSA Youth jerseys at all games.
  - The home team will always wear the Red shirt
- **Shin guards:** Players must wear shin guards underneath socks
- **Footwear:** Soccer cleats are recommended (not required).
  - No shoes with toe cleats (baseball cleats) OR metal cleats.
- Players must not use equipment or wear anything dangerous to themselves or another player. This includes but not limited to: Watches, rings, earrings, nose rings bracelets, necklaces, hair beret clips, etc.
  - EXCEPTIONS include medical bracelets, which must be taped down.
  - Any non-uniform items must be approved by the referee or are subject to the referee's discretion regarding whether they are safe to play with or must be removed/addressed.

