

4U Playing Rules

Field

- Field size: **45 ft × 60 ft**
- Center circle: **8 ft radius**
- Goal area: **6 ft × 4 ft**
- Goals: **4 ft × 5 ft**

Players & Spectators

- Teams stay on opposite sidelines.
- Spectators must stay behind the spectator line, never behind goals.
- Only registered players and background checked coaches may be inside the line.
- One coach per team is allowed on the field to guide players.

Ball & Teams

- Ball size: Size 3
- Teams have up to 6 players total
- Play is 3 vs 3
- Must have 3 players to start

Game Format

- 4 quarters, each 8 minutes
- 3-min breaks between quarters
- 4-min halftime
- Every child must play at least 50% of the game
- Substitutions:
 - Best at quarter breaks
 - During play only if a player is hurt, tired, or wants out
- No scorekeeping — all players are winners

Kick-Off & Restarts

- Coin flip decides who starts
- Switch sides at halftime
- All kicks are indirect (ball must touch another player before scoring)
- Defenders must stay 9 ft back on free kicks
- Restarts:
 - Sideline: Kick-in
 - Ball off defender's goal line: Corner kick
 - Ball off attacker's goal line: Goal kick

Fouls

Indirect free kick for:

- Kicking, tripping, or charging another player
- Holding or pushing
- Handball (protecting face/body is OK)

Sit-out for rest of game if:

- Fighting
- Foul or abusive language

Equipment

- Matching jerseys with numbers on the back
- Shin guards with socks over them
- No jewelry
- Soft-cleat soccer shoes or athletic shoes (no metal or toe cleats)

Officiating

- Coaches act as referees unless an official is present
- Coach/referee decisions are final
- May stop play for safety or weather

Other Important Rules

- No goalies — kids must stay involved and not camp in the goal area
- 1 coach per team on the field during play (unless referee says otherwise)
- If a kick-in/throw-in is done incorrectly, let the child try again; on second attempt, let play continue
- This is a developmental league — fun and learning first!

