

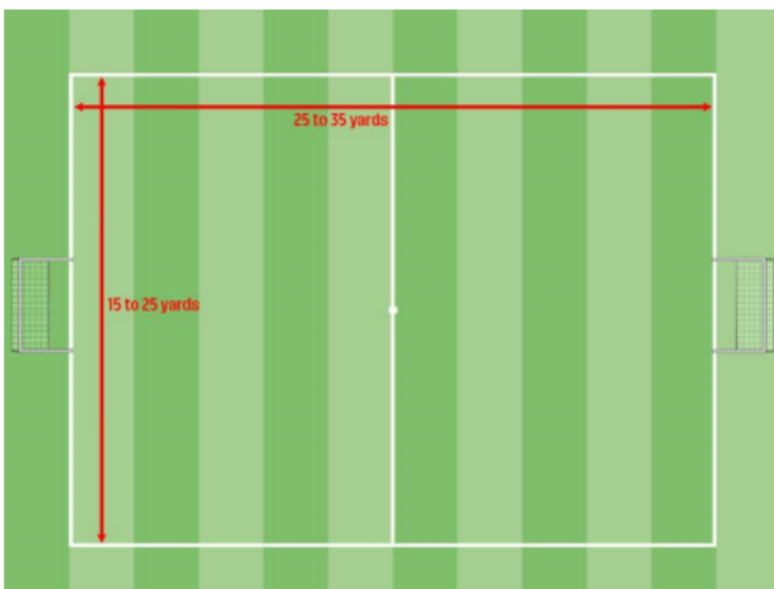


Small Sided Standards

4v4 Standards of Play

Field

- 25-35 yards (length)
- 15-25 yards (width)
- Goals should be no larger than 4 feet (height) x 6 feet (width)
- Corner flags are not needed



Games

- Size 3 ball
- 4v4
- Shin guards are required
- Substitutions are unlimited and can occur at any time
- No more than four - 10 minute quarters
- 2 minute breaks between quarters
- Playing times can be less than 10 minutes when managed by the coaches and parents
- Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
- Kick-ins and/or dribble-ins are also acceptable

- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner
- If used, all free kicks are indirect
- Opponents should be 10 feet away from the ball on all restarts
- No penalty kicks
- No offside
- Registered and certified referees are not needed at this level
- Since there is no referee, coaches are expected to manage the game environment from the touchline using these standards of play and their best judgement
- Together, coaches and parents are expected to create and promote a fun and safe environment for the players
- No deliberate heading is allowed