



4v4 Soccer Rules

Field Specs

- Ages 4–6: 45' x 75'
- Ages 7–8: 75' x 105'
- Center circle: kickoffs start here
- Corner arcs: corner kicks are taken here
- Goal area: goal kicks are taken here

Ball Specs

- Ages 4–6: Size 3
- Ages 7–8: Size 4

Game Length

- 4 quarters, 8 minutes each
- 2-minute breaks between quarters
- 5-minute halftime

Starting Play

- Coin toss: winner chooses side, the other team kicks off
- Kickoff starts at center circle; players must be on their half; defenders stay outside the circle
- The kicker must pass to another player before touching the ball again
- Kickoffs restart play after each goal and at halftime (teams switch sides)

Scoring

- A goal counts when the ball fully crosses the goal line
- Teams can only score from their offensive half
- No scorekeeping or standings – the focus is on learning and fun



Restarts

- **Sidelines:** Kick-in from the spot where the ball went out (indirect; defense gives 5 feet)
- **Goal Kick:** If the attacking team sends the ball out past the goal line, defending team kicks from goal area. Ball must leave the goal area before another player touches it
- **Corner Kick:** If the defending team sends the ball out past their own goal line, attacking team kicks from the corner arc. The kicker may not touch the ball twice in a row

Fouls and Free Kicks

- All free kicks are **indirect** (must touch another player before scoring)
- Fouls include:
 - Handball
 - Holding
 - Charging dangerously or from behind
 - Kicking, hitting, pushing, or tripping an opponent
- The fouled player takes the free kick

No Goalkeepers

- No player may act as a goalie or stay stationed in front of the goal
- Players must follow the ball and stay involved in play
- Referees may award a free kick or corner kick if a player is “goal guarding”

Players

- 4 players max on the field per team
- At least 3 players are needed to start a game
- Substitutions at quarter breaks
- Each child must play at least 50% of the game

Equipment

- Turf shoes or molded cleats
- **Shin guards are required**