



LAWS OF THE GAME FOR U7 (4v4) FOR FALL and SPRING SEASONS

Revised October 29, 2014

1. FIELD OF PLAY

Field Size Length = 36 yards
 Width = 24 yards

Center Circle Radius = 3 yards

Goal size: Height = 4 feet Width = 8 feet

Goal box: 10 feet wide x 6 feet long

2. BALL SIZE

Size 3 – use hand stitched ball

3. NUMBER OF PLAYERS

- Two teams of 4 players
- No player may act as goalkeeper, coaches should also see Role of the Sweeper.
- Any player or number of players can be substituted at the start of the period, after a goal is scored, before kick-ins, goal-kicks or on an injury by either team. No substitutions are allowed before a free-kick. Coaches are encouraged to rotate their players every 2 to 3 minutes.
- **Each player shall have equal playing time.**

4. PLAYERS EQUIPMENT

- All players must wear shin guards and the regular Colorado Storm uniform.
- No metal cleats may be worn. Tennis shoes are acceptable to wear.
- Home teams are to wear blue. Away teams are to wear white.
- Socks **MUST** cover the shin guards completely.
- **Players MAY NOT wear any kind of metal or plastic hair restraint, hair beads, earrings, necklaces, bracelets, other jewelry, or Go Pro's during practices or games (Medical Alert or religious requirements are the only exception, these items must be taped down in a manner safe to all players).**

5. GAME COORDINATORS

- Each game will have only one Game Coordinator (referee) on the field,
- The Game Coordinator is provided by the team listed as home on the schedule. The Coordinator must be certified at a Colorado Storm Coordinator clinic.
- Responsibilities: player safety, enforcement of the laws of the game and time keeping.
- Explain the rules to the players.
- Use the whistle as little as possible.
- **NO COACHING BY THE GAME COORDINATOR IS PERMITTED**

6. LINESMAN

- There are no linesman in 4v4.

7. GAME DURATION

4 – 10 minute periods

At the end of periods 1 and 3, allow a 2 minute break and a 5 minute break at half-time. Teams change sides only at half-time

8. THE START OF PLAY

- Start each period or restart the game after a goal is scored with a kickoff at the center of the halfway line.
- All players must remain on their own side of the halfway line until the ball is kicked.
- All opposing players must be at least 3 yards from the ball prior to the kick.
- The player taking the kick may not touch the ball a second time until it has been played by ANY other player (Double touch – see law 13).

9. BALL IN AND OUT OF PLAY

When the ball goes out of play, the game is restarted as follows:

- The ball is out of play when the **whole** ball crosses the entire touchline or goal line, whether on the ground or in the air. The ball is in play at the other times.
- Restart with a throw-in if the ball goes out of play over the touchline (sidelines). When play is stopped due to an injury, bad weather or other reason not covered elsewhere in these rules, the game is restarted with a dropped ball at the place where the ball was located when play was stopped.

10. METHOD OF SCORING

A team is awarded a goal each time the **whole** ball crosses the portion of the goal line under the cross bar and between the posts in the goal that they are attacking. If a defending player unintentionally scores a goal in his own goal, the goal is awarded to the attacking team.

- Goals can be scored from anywhere on the attacking half of the field

- Goals cannot be scored directly by a team from their defending half of the field.
- Goals cannot be scored directly from kick-offs, free kicks, kick-ins, goal kicks or corner kicks. Once the kick is taken, if any player (attacker or defender) touches the ball and the ball goes in the goal, a goal is awarded to the attacking team.

11. OFF-SIDE

There is NO off-side in 4v4 soccer. Coaches should also see Role of the Sweeper.

12. FOULS & MISCONDUCT

The game coordinator may award a team a Free Kick for **intentional** tripping, pushing, hitting, holding or ball handling by an opponent. Free kicks are indirect (goals cannot be scored directly from a free kick). Game Coordinators should explain all infractions to the offending player.

Whistle only on intentional fouls or to ensure the safety of the players.

13. FREE-KICK

- All opposing players must be situated at least 3 yards away from the ball. The kicker can not touch the ball twice in a row – the ball needs to be touched by another player.
- Double Touch- If the player taking the free kick (throw in, goal kick, corner kick or kick-off) touches the ball twice in a row prior to being played by any other player, an indirect free kick will be awarded to the opposing team where the ball was touched a second time.
- The team taking the free kick may take a “quick” kick prior to the opponents being 3 yards from the ball. If 3 yards is requested by the kicking team, they must wait until the defensive team is ready before taking the kick.
- **Special Circumstances-** A free kick awarded to the defending team inside its own goal area is taken from any point within the goal area.

An indirect free kick awarded to the attacking team in its opponents’ goal area is taken from the goal area line (top of the goal area) parallel to the goal line at the point nearest to where the infringement occurred.

14. PENALTY KICK

There are no penalty kicks in 4v4 soccer.

15. Kick-In

When the whole of the ball crosses the touch-line in the air or on the ground, a kick-in will be taken at the point where the ball left the field by the team that did not touch the ball last. All opponents must be at least 3 yards away from the ball.

16. GOAL KICK

Restart with a goal kick if the ball goes out of play over the goal line, last touched by a member of the attacking team, The ball is placed anywhere inside the goal area. Opponents must be positioned at least 3 yards away from the ball and outside the goal area.

17. CORNER KICKS

Restart with a corner kick if the ball goes out of play over the goal line, last touched by a member of the defending team. The ball is placed on the corner of the field closest to the place where the ball went out or inside the field within a yard from that corner. Opponents must be positioned at least five yards from the ball.

18. FRIENDSHIP LINE

Opposing coaches and players should meet in the center of the field and shake hands after each game. Coordinators should monitor this event to ensure good sportsmanship prevails.