

Success Through Soccer

Hosted by **ALPINE FC**



4 v 4 Rules

Teams

- A team will have 4 players with a recommended maximum roster of 8 players
- Teams must have an alternate jersey or pennies to wear in case of color conflict, the home team, listed first on the schedule, will be required to change
- Home team will provide game balls
- Home team must provide a referee *

Playing Rules

- Normal fouls per FIFA
- Playing field will be approximately 33yds x 25yds
- The game clock starts/finishes with the central horn
- Games will be 40 minutes long, with 5 min half times
- No goal keeper
- All free kicks are indirect
- A goal may not be scored directly from a kick off
- Teams may substitute **“on the fly”**. Substitutions on and off the field should occur at the center field line from the same touchline as the team is located. “On the fly” substitutions are allowed without waiting for the referees permission to leave or enter the field of play. If a team has more that four players on the field and a goal is scored, the goal shall not be awarded. Any goal scored during a substitution “on the fly” by the defending team shall be allowed.
- There are no throw-ins allowed
- All restarts for the ball out of play can be taken as a **pass-in or dribble-in**.
- A pass-in is indirect and must be taken from behind the touch or end line. Once the ball has entered the field, it is considered a dribble-in and becomes in play
- All penalty kicks will be taken from mid-field – all players must be behind the kicker (open goal with no goal keeper), the play is live once the ball is touched
- Opponents must be 5 yards away from all restarts – including out of bounds restarts
- Goal kicks are indirect and must be taken from the end line
- **“No-fly-zone”** – a 2-yard semi-circle around the goal (players cannot go in the zone at any time)
 - ✓ If a defender plays the ball while he/she is in the “no-fly-zone” in front of his/her goal, the opposing team will be awarded a penalty kick from mid-field. The defending team may not form a wall to defend this kick
 - ✓ If a member of the attacking team touches the ball in the “no-fly-zone”, the defending team will be rewarded an indirect free kick from the top of the “no-fly-zone”
 - ✓ If the ball stops dead in the “no-fly-zone”, the defending team will be awarded a free kick on the top of the “no-fly-zone”

Referee Mentor Program

* The Winter Games will be conducting a referee mentor program with the winter league. If in the event that a referee is not placed in your game, it is the home team’s responsibility to provide a referee to oversee the match.