

CENTRAL MARYLAND SOCCER ASSOCIATION

Standard 4v4 Game Rules

A. Field

1. Field dimensions shall be (25-35 yards in length) by (15-25 yards in width) with a center line and a center circle of a 5 yard radius.
2. Recommended Goal size shall be no larger than 4 feet by 6 feet.
3. Goal/Penalty arc area is 3 yards out from the center of the goal; one foot out from each side of the goal.
4. Corner markers are not required but recommended (Cones or Flags).

B. Ball size: 4

C. Players must be geared properly at all practices and games:

1. Cleats, shin guards, and soccer socks (completely covering the shin guards).
2. No jewelry of any kind (earrings, necklaces, bracelets).
3. No hard plastic or metal hair accessories (bows, clips, head bands, etc.).
4. Each team's players need to be in matching jerseys, t-shirts or pennies (one dark & one white in the case of a color conflict).

D. Number of Players

1. Format is 4v4 with NO GOALKEEPER.
2. Minimum players on field is 2
3. Maximum roster of 12 players per team.
4. Players must play minimum of 50% of each game.
 - Exceptions include injury, illness, unwillingness to play, or disciplinary reasons.
 - Substitutions can be made with the volunteer parent referees permission, for injury or at the quarter. One volunteer referee should be supplied each supplied by each team.

E. Games durations

1. Four (4) ten (10) minute quarters
2. There will be a two (2) minute break between the 1st and 2nd quarter, and the 3rd and 4th quarters. There will be a 5 minute break at half time.

F. Teams (and their spectators) will set up on opposite sides of the fields.

G. Start of Play:

1. Winner of coin toss decides which end to attack.
2. Ball must move slightly forward (not backward).
3. Kicker may not kick the ball a second time until another player touches the ball.
4. Opponents must be 5 yards (15 feet) from the center mark.

H. No official score will be recorded.

I. There is no offside; however the coaches are responsible to discourage "goal-hanging" around the arc.

J. Fouls and Misconducts Conform to FIFA

1. Exception: Volunteer Referee will explain all infractions to the offending player
2. All free kicks are direct and opponent shall remain 4 yards from ball.
3. There shall be no penalty kicks.

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K. Ball In and Out of Play:

1. The Ball must be 100% over the line to be out.
2. **Throw-Ins:** Balls out of bounds are put into play by the opposing team at the point on the touchline where the ball was kicked out of bounds. One re-throw allowed after instruction by the coach.
3. **Goal Kick:** Goal kick is taken by defending team from any point on goal line. Opponents must be four (4) yards (12 feet) away from ball.
4. **Corner Kick:** If team defending goal touches ball last before it crosses goal line, the attacking team places the ball back into play with an indirect corner kick. Opponents must be a minimum of 4 yards away from the ball.

L. Coaches

1. Must forward their team roster (either SAY or US Club) to the CMSA office. Each roster is allowed a maximum of twelve (12) players. Rosters can be mailed to P.O. Box 1843, Baltimore, MD 21237 or e-mailed to Lou Webster at lou.j.webster@gmail.com
If at any time during the season your roster changes; you must submit a new roster prior to your next scheduled game.
2. If teams want SAY affiliation (Roster and Insurance coverage), contact Brian Begley at SAY Soccer (1-513-910-1070 for instructions. The cost of a SAY roster is \$10.00 per player and \$25.00 for each coach listed for the cost of a background check. Checks are made payable to SAY.
3. Teams registering with US Club Soccer must follow their instructions and policies.
4. 4V4 teams do not need ID cards for league play; ID cards will be necessary if a team plans to participate in any carded travel level tournament. Any teams affiliated through SAY will need to be carded at the time you create your roster.
 - Please note that if you are getting ID cards, then there is a CMSA ID processing fee; a \$6.00 SAY card fee; or \$2.00 US Club card fee.
 - The roster and cards must be taken to your program's CMSA Registrar.
5. Coaches are responsible for the conduct of their parents and spectators.
6. One coach from each team is allowed on the field during the first half of the "game." Coaches then are restricted to the sideline area during the second half of play.
7. Coaches, parents and players should line up and shake hands after each game.