



SANFORD AREA SOCCER LEAGUE 4V4 PLAYING FORMAT AND RULES



Playing Time: 4 quarters

- 6U: 4 x 8 minutes quarters
- 8U: 4 x 10 minutes

Number of Players on

Field: 4 v. 4

- No Goalkeepers (Coaches, be aware of players positioning)
- Minimum: 3

Ball Size: 3

Field Dimensions: 35 yards x 25 yards

Team Areas:

- Player & Coach Sideline: ONLY rostered players and coaches allowed
- Parent/Spectator Sideline: MUST sit/stand on half of field directly opposite their team's players and coach(es)

Restarts: All restarts are indirect – must touch someone else before crossing goal line

Throw-ins: Yes

Heading: Not Allowed (per USSF Mandate)

Referees:

Volunteer Coaches for 6U.
Certified refs for 8U

Playing Time

- Playing Time: Each player MUST play a minimum of 50% of the game
- Coaches MUST make every effort to balance playing time between all players at game

The Field

- Dimensions: field size 35 yards long and 25 yards wide, with center circle, and arc by the goals.
- Goals: 2 small goals, 4ft x 6ft

Number of Players

- Maximum number of players per team on the field at one time is four (4).
- Minimum number of players per team on the field to start or continue the game is three (3).
- Coaches should loan players to a team that is short handed in order to allow all children to play and have fun!
- Substitutions can be made on any stoppage of play such as a kick-in, kickoff, free kick, goal kick, corner kick, or injury stoppage.

Players' Equipment •

Uniforms: Players are required to wear the appropriate home or away SASL jerseys at all games.

- Players must not use equipment or wear anything

dangerous to

themselves or another player.

This includes but not limited to watches, rings, earrings, nose rings, bracelets, necklaces, hair beret clips, etc.

- Shin guards: Players must wear shin guards
- Footwear: Soccer cleats are recommended (not required). No shoes with toe cleats (baseball cleats). No metal cleats.

Referees

- Only one coach per team allowed on field for 6U. 8U will have one official ref.
- Team volunteers must complete a background check before working with the team in any coaching capacity.
- Both team's on-field coach-referees to work together to officiate the game and ensure all players are safe and enjoying the game.
- Half-time must be five (5) minutes
- Teams attack the same goal for all 4 quarters.
- Quarter breaks must be two (2) minutes.

Starting the Game

- The game begins with a kickoff in the center circle, by the Home team, to start the first half. The Away team will kick off to start the second half. The opposing team must be outside the center circle on their own half of the field.
- The player taking the kickoff cannot touch the ball a second time before it has been touched by another player. For a violation of this rule, the kick shall be retaken.
- A goal may NOT be scored directly from the kickoff. It must touch another player before going into the goal. If the ball is kicked directly into a goal from a kickoff award a goal kick.
- A kickoff occurs at the beginning of each quarter and after each goal.

Ball In and Out of Play

- The ball is out of play when it has entirely crossed over the touchline.
- Refs should try to let play flow to avoid constant stopping, and not call out of bounds in a strict manner, especially at (U6) level.
- Sideline restarts are throw-ins. Opposing players must be 2 yards away. A player will be given two attempts for a correct throw in

Method of Scoring • The ball must completely travel over the goal line, inside of the goal.

- Players are not allowed to score a goal from own half, must be in attacking half

Off-Side

- There is no offside

Fouls and Misconduct

- All fouls will result in an in-direct free kick with the opponents 6 yards away.
- The ref is to explain ALL infractions to the offending player.
- While slide tackles are legal when done correctly, coaches are not to instruct or encourage players to play on the ground. Players should be encouraged to stay on their feet to tackle the ball from an opponent.

Free Kick

- All fouls will result in an indirect free kick.
- All opponents must be 6 yards away until the ball is in play.

Penalty Kick

- No penalty kicks for this age group

Goal Kick

- Opponents must be no closer than the midfield line until the ball is in play.
- Goal kicks are taken from the team's goal line or goal area.
- A goal may NOT be scored directly from a goal kick.

Goal Boxes for 6U and 8U

- An arc in front of the goal will be painted on the field forming a "crease". Players will not be able to touch the ball within this area at any

time during the match. If a defensive player touches the ball within the crease area of his/her goal, it will be considered a corner kick for the other team. If an offensive player touches the ball in the crease area of the goal they are trying to score, the opposing team will be given the ball and played from the goal kick position. If the ball enters the area and comes to a stop, the ball will be given to the defending team and played as a goal kick.

Corner Kick

- Awarded when ball crosses goal line, except through the goal, and was last played or touched by a defending player. Attacking team to take corner from the same side of the goal on which it went across the goal line.
- Opponents must be 6 yards away from the ball.

Special Note to

Coaches/Parents: SASL wants coaches to teach and encourage players to be aggressive to the ball. However, SASL instructs the coaches to call fouls when players are aggressive to the ball in an unsafe or out of control manner, or if a player by his/her words or actions shows he/she has intent to foul.

SASL Cup Overtime Rules

For games that need a winner in SASL Rec Cup, matches OT rules will be five minute periods with the

golden goal rule in effect (first
goal in overtime wins)