

Rules and Regulations

The following rules are modifications to the Laws of Soccer for “Division A”. Additional information can be found on “Laws of the Law” section of the FIFA website.

New A Division 4 v 4 Program

- Scheme Format
 - Goalkeepers game: 3 v 3 with keeper/sweeper
 - Every player should have a turn playing keeper/sweeper
 - Two goal game: 4v4 with four 5'x10' goal

- Scheme Construct
 - Game duration: 10 minutes/quarters, 2 min break between quarters.
Exercise-to-rest ratio increases energy and mental awareness

 - Scoring/Goals: No score is kept
Emphasis on development, de-emphasis of winning

 - Coaching: very little overt coaching
Encouragement only. No raised voices and no disciplining

 - Game Restarts: Goal kicks, throw-ins and corner kicks will be in effect.
No offsides.

We also encourage the goal keepers to play as a sweeper/stopper and to use their feet as often as possible and to leave the goal area and participate as field players whenever possible. The goalie/sweeper will wear a pinnie and be able to use their hands when in the designated goal area.

We encourage all coaches and referees to meet prior to start of match and determine the best possible match ups between the two teams. Coaches should coordinate players of equal or similar skill levels competing against each other at the same time.

Scheme Set-Up

4v4 GK GAME
Goals: 5' x 10'
Pitch: 40 yds x 25 yds

The Object of the Match

Increase number of passes
Increase Scoring attempts
Increase Goals
Increase 1v1 Encounters
Increase Dribbling Skills (Tricks)

Summary

On Average 4v4 versus 7v7 had:
* 135% more passes
* 260% more Scoring Attempts
* 500% more Goals Scored
* 225% more 1v1 Encounters
* 280% more Dribbling Skills(tricks)

Law I Field of Play

- A. Dimensions; 50% of a full field (25 x 40 yards.)
- B. Markings; 50% proportional
- C. Goals; A size goals are 5' high x 10' wide

Law II The ball – Number 3 Size

Law III Number of Players

- A. Normally 4 vs. 4 including the goal keepers
- B. Minimum number of players required to play is 4. If one team has fewer than 6 players, then the other team shall lend players as necessary (in the spirit of the game.)
- C. Roster size will be between 8 - 9 players per team.
- D. No one player may be used as a goalkeeper for more than 50% of the game.
- E. Each player shall play a **Minimum of 50% of the total game.**
- F. Each period will have a substitution break (see law VII.) In addition, players may be substituted after any stoppage in the game.
- G. No player shall sit out two consecutive 5-minute sessions.

Law IV Required Players Equipment

- A. Soft cleted soccer shoes
- B. Shin Guards
- C. Team uniform

Law V Referee provided by the League (Commack Soccer player 7th Grade & Up)

- A. All rule infractions shall be briefly explained to the offending player
- B. Referee's decisions are final
- C. The referee will make a report to the League after each game regarding any infraction or inappropriate conduct.
- D. Upon the referee's judgment the clock may be stopped for any player injury or other major disruption.

Law VI Assistant Referee (Linesman)

- A. The referee may use one parent from each team as a linesman.
- B. The Linesman will identify the ball as out of play when the entire ball crosses over the sideline.

Law VII Duration of the game

- A. 4 ten-minute quarters (running clock time.)
- B. 2 minute breaks between quarters
- C. 5 minute breaks between halves.
- D. Each 10-minute period is broken up into two 5-minute sessions. Sessions end after the first stoppage of play after 5 minutes. Substitutions may be made at these times. It is up to the referee's judgment if the clock should be stopped depending on the number of players required to be switched and the field conditions.

Law VIII Start of play

- A. Opponents must be at least 6 yards from the center mark during the kick off.
- B. A second kick off must be allowed if any player commits a foul on the first attempt. The referee will explain the proper method before allowing the player to rekick.

Law IX Ball in and out of play (same as FIFA rules.)

Law X Scoring (same as FIFA rules.)

Law XI Offside

- A. No offsides
- B. Players will be warned by the referee about “hanging near the goal.”

Law XII Fouls and Misconduct

- A. Same as FIFA rules
- B. Referees must explain all infractions to offending player
- C. Player will be cautioned for excessive rough or dangerous play (tripping, pushing from behind, punching, sliding tackles, foul language) and if conduct continues the player is ejected

Law XIII Free Kicks (All Free Kicks are Indirect)

- A. All free kicks will be taken outside the penalty area.
- B. Indirect kicks require at least one pass to a teammate before scoring.
- C. Opponents must be at least 6 yards away.
- D. Referee must explain kick is indirect.

Law XIV Penalty kick

- A. Referee will place ball ten yards away from the goal line in the middle of the field. Opposing players must be 6 yards away. The kick is INDIRECT.

Laws XV Throw Ins

- A. FIFA rules apply. Exception; a second throw in must be allowed if the player commits an improper throw on the initial attempt. The referee must explain the proper method before allowing the re-throw. If a foul is committed on the second attempt the ball will be turned over to the opposing team for a throw in.

Law XVI Goal Kicks

- A. From any point inside the goal area. Opponents must be at least 6 yards away.

Law XVII Corner Kicks

- A. Opponents must be 6 yards away.

Law XVIII Common Sense

- A. Instructional league mindset.

Additional Rules

- A. No standings.
- B. Competitive Game Rule: If a 3 goal differential is reached in the score, the trailing team can add a player onto the field for a 4 v 5 game. Upon reaching a 4 goal differential, the trailing team can add another player to the field which will be the maximum allowed for a 4 v 6 game. As the goal differential is reduced the players will come off the field according to how they went on until play is at 4 v 4.
- C. Coaches are not allowed on the field during play unless there is injury to a player.
- D. Teams and families should watch from opposite sides.
- E. Goalie is not limited to a few steps.

- F. All players should bring both uniform shirts to each game.
- G. Cheer without criticism.
- H. All players cannot wear any form of jewelry on the field of play: Earrings, necklaces, rings, watches, navel piercing, tongue piercing, etc...