



**WHERE CHAMPIONS TRAIN®**

## Youth 4 v 4 Skill Development League Rules & Regulations

- Field Dimensions:** 36 x 20 yards (Zones B, C, & D); 32 x 20 yards (Zone A only) 32 X 24 yards (SK)
- Goal Dimensions:** 4 feet high x 6 feet wide (*No goalkeepers*)
- Game Clock:** Two (2) twenty (20) minute halves separated by a one (1) minute halftime. 4 minutes between games.
- Scoring Zone:** Goals **may only be** scored from the attacking half of the field (past the blue line on center of field). Shots that result in a goal taken from the defending half will not be counted, including deflections off defenders.
- Restarts:** Kick-ins will be utilized in place of throw-ins. **Kick-ins must take place within one foot of the line.** Goal kicks must take place within the goal box. Both kick-ins and goal kicks are **indirect** kicks.
- Substitutions:** **Substitutions may occur at any stoppage in play for either team**, i.e. kick-ins, goal kicks, corner kicks, after goals, etc. **Subs may not happen during the run of play.** Please notify the referee when you want to make a substitution and enter near the center of the field on the sideline.
- Players:** Four (4) field players will be on the field for each team. In the instance of a red card, the team will be forced to play down one person per red card. There must be at least two field players on the pitch to continue play.
- Your game will begin as long as there are two players present to play. You will have a five (5) minute grace period from the assigned start time to begin play, otherwise, your team forfeits the game with a losing score line of three to zero.

**Goal Arc Rule:** ***No goalkeepers will be used in the league.*** If the attacking team touches the ball inside the BLUE ARC, the defending team will be awarded a goal kick. If the defending team touches the ball inside the BLUE ARC, **the attacking team will be awarded a goal.** If the ball stops dead inside the BLUE ARC or bounces off the goal into field of play, the defending team will be awarded a goal kick. IMPORTANT: PLAYERS ARE ALLOWED TO MOVE THROUGH THE MARKED AREA, BUT CANNOT TOUCH THE BALL WHILE INSIDE OF THE MARKED ARC AREA!

**S K I L L**

**S P E E D**

**S T R E N G T H**

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- Uniforms:** Teams are required to bring a light and dark colored shirt/jersey to all games. If the referee determines both teams' jerseys are too similar in color, the designated home team will be asked to change shirts.
- Other Rules:**
- If the ball hits any part of the ceiling or lights, an indirect free kick will be given to the opposing team directly underneath the spot on the ceiling where the ball struck.
  - Opposing team's players/walls must be at least five (5) yards away from the ball on all kick-ins, direct kicks, and indirect kicks.
  - Spitting on the turf and gum chewing are not allowed. Doing so will result in a Yellow Card.
  - Intentionally punting/kicking the ball into the ceiling/lights will result in a Yellow Card.
- Team Benches:** We will have designated areas for players and coaches. We will not provide chairs or benches for each team, so each team can either sit OR stand
- Parents/  
Observers:** Spectators will be allowed in the playing area to watch games. However, since this league is for the players' development, **parents are asked not to coach their children from the sideline.** In this environment, it is best for players to figure the game out on their own and with the help of their coaches (if present). Keep comments encouraging and positive.
- Also, non-participating children must be supervised by parents as they will not be allowed to roam the facility on game-days.** If non-participating children are not supervised, both parents and children will be asked to leave after initial warning. We will have designated areas for parents/observers to stand or sit. We will not provide chairs/bleachers for spectators, so parents/observers can stand, or sit on the ground
- Please DO NOT TOUCH or HANG ON CURTAINS OR NETS  
NO PETS ALLOWED!!!**
- Food/Drink:** **No food or open drink containers** are permitted in the playing area at anytime. Food may be eaten in the SuperKick or TeamZone Lobby. Only sport drinks or water bottles with spill resistant tops are permitted in the playing area. Any spectators who are not in compliance with these rules will be asked to first dispose of food items and after initial warning asked to leave the playing area by a SuperKick staff member.

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