



# Donegal Youth Soccer 4v4 Standards

Purpose: This document outlines the standards for teams in the U6 and U8 intramural program.

## Player Development Philosophy

The primary focus is for players to have a fun and safe environment in which to play soccer. Coaches and parents are essential in ensuring the players have fun and stay safe during practice and games.

### **We do not keep score during intramural games!**

Since there are no referees, coaches are to manage the game environment from the touchline (sideline) using the given standards of play and their best judgment.

Parents and fans should cheer for players on both teams; after all, all players have the DYS crest on their jerseys! Though getting excited in cheering for your child is easy, please avoid instructing from the sidelines. Let the coaches coach, players play, and spectators play a positive role on the sideline.

## Standards of Play

### Teams

U6 teams are co-ed and consist of players classified as U6 according to the U.S. Soccer birth year matrix.

U8 teams are all boys or all girls and consist of players classified as U7 and U8 according to the U.S. Soccer birth year matrix.

### Field

Spectators should sit outside the perimeter of the grouping of fields when possible. The area between the fields (e.g., Field 1 and 2, Field 3 and 4) is only for players and coaches.



### Games

Ball: size 3

Team size: 4v4; substitutions may occur at any time. If the teams are uneven at the start of the match, teams may share a player and wear pinnies to be in uniform, or an additional player may sit out to keep the player count even.

There are no goalkeepers.

There are no penalty kicks; any free kicks are indirect.



Shin guards and cleats required (DYS Forward Pass Program and Play It Again Sports in Lancaster are great places to find used cleats.)

Length of game: A game consists of two halves, lasting no more than 20 minutes for U8 and 16 minutes for U6.

### Kick-off procedure

The start of each half begins with a kick-off. The two teams alternate the kick-off at the start of each half.

A team that gives up a goal will take the next kick-off.

All players, except the player taking the kick-off, must be in their half of the field of play. The kick-off begins with the starting team passing the ball to a teammate.

### Restarting play

A ball is out of bounds when it is entirely over the touchline or goal line; a ball on the line is still in play.

A ball over the touchline or sideline can be a kick-in (not a throw-in) to a teammate or dribbled in by the player. Coaches may also pass for the player; this option is advantageous for the first game as players learn the game's flow.

Opponents should be at least 10 feet from the ball on all restarts.

A ball over the goal line results in a corner or goal kick:

- A corner kick occurs if the defending team is last to touch the ball as it goes out of bounds over the goal line. The offensive side places the ball at the nearest corner and kicks the ball to a teammate or attempts to score.
- A goal kick occurs if the offensive side is last to touch the ball as it goes out of bounds over the goal line. The offensive side must return to the midpoint of the field (e.g., center circle) so the defending team can take space to get the ball in play (this is similar to a "build-out line" in U9-U10 soccer games). The defending team *passes* the ball to a teammate to restart play. Punting or goal kicks down the field are not allowed. (Again, this prepares players to "build up from the back" in U9 and U10 soccer games.)

### Fouls

Players cannot touch the ball with their hands intentionally or unintentionally—an infraction results in an indirect free kick.

Players cannot deliberately push, trip, tackle, charge, kick, strike, or hold another player during play—an infraction results in an indirect free kick.

### Concussion Initiative

Heading the ball is not allowed in 4v4 games. Should this occur, the opposing team receives an indirect free kick from the spot of the offense. Coaches need to evaluate the player for concussion.

### Resources

U.S. Soccer 4v4 standards (<https://www.epysa.org/assets/947/15/4v4%20documents.pdf>)