



Anthem Youth Sports

4v4 Rec League

PLAYING RULES

NO REFEREES (Coaches are in charge of game time and out of bounds calls).

A. Player Participation

1. A game will consist of (2) 24 minute halves with a 3-minute halftime break
 - Mandatory Substitutions, subs will take place 3x's per half (at 6', 12', and 18' minute mark).
2. The clock will not stop during substitutions. Teams may take up to 2-minutes per sub-break (if needed)
3. Substitutions only occur during the Mandatory subs or in case of an injured player
4. All players not in the game should be substituted into the game
5. The goal is for each player to play least 24 minutes per game
 - *If teams have more players than others minutes per game will change*

B. Kick off - The winner of the coin toss or roshambo will have the privilege of electing to kick off from the center circle or choice of goal. The team who elects to kickoff starting first half would start on defense the second half.

Starting the Game: The game begins at the center of the field. The team who kicks off passes the ball to a teammate. Now the ball can be passed back at kick off. The opposing team is not allowed to enter the center circle until the team kicks off

C. Scoring

1. A goal is scored when the whole ball crosses the goal line and is between the goalposts and under the crossbar.
 - **No game scores or standings will be kept**

D. Out of Bounds - At any time when the whole ball crosses the boundary lines, it will be put into play by a corner kick, a goal kick spotted on the front line of the goal box by the defensive team, or by a regulation sideline kick-in. **(Please do not roll the ball back in to continue play)**

F. Throw-In U10 and Up

1. A throw-in shall be awarded to a team when the ball last touched a member of the opposing team before the entire ball passes beyond the touchline either in the air or on the ground. A goal may not be scored directly from a throw-in.

The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground on or behind the touchline. The thrower shall use both hands (unless player has physical impairment)

No Throw-In U8 and Under: Kick-ins instead of throw-in – The defending team retreats to half-way line on a goal kick.

All Free-kicks, corner kicks, are in-direct kicks – Ball must be passed to another player before it goes in the goal. i.e. Soccer player cannot score from kick

G. Handling (use of hands and arms) - Intentional use of the hands or arms on the ball is prohibited at all times by all players, including the goalie. Encourage our Soccer Athletes to use their feet, instead of their hands (THIS INCLUDES GOALIES).

H. Coaches - Remember that I am a youth sports coach and that the game is for children, not adults. Behaviors Expected: Maintaining a positive, helpful, and supportive attitude.

- Using your authority and influence to control the behavior of the fans and spectators.
- Adhering to all league rules, regulations, and policies set forth by the Anthem Sports Department.
- Adopting a “children first” policy by emphasizing fun and participation.
- Allowing and encouraging players to listen, learn, and play hard within the rules.

I. Cancellation of Games After Start - After a game has started the weather and field conditions will be judged by the Anthem Park Patrol all games/ Manager on Duty. (Weather cancellation before games start time will be emailed by Sports Dept. of Call 623-879-3011)



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J. Equipment-

Shoes - Tennis shoes or molded sole shoes with multiple cleats are acceptable. Molded multiple cleats, studs or bars less than ½ inch in diameter or width that does not extend more than ½ of an inch from the sole and are not of an extreme conical design is permissible. No metal/aluminum cleats are acceptable.

Shin guards - Use of shin guards are required, either commercial or custom made shin guards deemed safe by the game officials. All players must wear shin guards under their stockings. Shin guards will not be furnished by the Parks, Recreation and Tourism Department.

Jerseys- Players shall wear the game jerseys supplied by the city. If a player does not have the issued jersey, a temporary substitute jersey may be worn without numbers that does not conflict with the color of the opposing team's, referee's or goal keeper's jersey. The referee shall be informed of the temporary shirt prior to the game.

Shorts- Shorts or long pants are approved in any color that has no belt loops or buckles. Shorts or pants with pockets are acceptable.

Skills & Drills –

- [5 essential dribbling drills](#)
- [Fun Drills for U6 and under](#)
- [Fun Coaching Tips](#)
- [Youth 4v4 Strategy Tips](#)
- [Youth 7v7 Strategy Tips](#)
- [Youth 9v9 Strategy Tips](#)

League	U4	U6	U8	U10	U13
Age	U4	U6	U8	U10	U13
Coed	Yes	Yes	No	No	No
Field Length	20'	30'	30'	60'	65'
Field Width	15'	25'	25'	35'	45'
# of Field Players	3 v 3	4 v 4	4 v 4	7 v 7	9v9
Players per tem	6	8	8	10	14
Goalkeeper (GK)	No	No	No	Yes	Yes
Goal Dimensions	4'L x 6'W	4'L x 6'W	4'L x 6'W	6'L x 18'W	6'L x 18'W
Soccer Ball Size	Size 3	Size 3	Size 3	Size 4	Size 5