

# FC FREDERICK

## 4 v 4 League

### Rules of play

#### Teams:

The league will use the “Dual Field” format

Teams will arrive and take positions **between** side-by-side fields

Divide into two equal teams of 4-7 players

Four field players on the field (no Goalies)

#### Playing time:

Games will be 40 minutes, played in four 10 minute quarters

2 minute break after 1st and 3rd quarters

5 minute break at halftime, listed home team will switch their “half” teams

Running clock during game play, do not add time for any reason

Time kept at each field by coaches

#### The Game:

Use a # 3 Ball.

Goals are 3' x 5' or 4' x 6'. The goals should be the same at both ends of any one individual field

Play begins with a kick from the center spot, Home Team takes this kick and 2<sup>nd</sup> quarter restart, Visiting Team takes the kick to begin the second half and 4<sup>th</sup> quarter restart. Players must be on their half of the field for kick off

All starts/restarts are kicks and are indirect (NO throw-ins). The opponent must be 3 yards from the ball. After a goal, restart from the center spot.

A ball over the touch line goes to opposing team of the last touch and is a kick-in (indirect) or dribble in

A ball over the goal line last touched by the offensive team; kick or dribble-in from the goal area

A ball over the goal line last touched by the defensive team; kick from the corner (indirect, see above)

“Crease” is an area in front of the goal, marked by a continuous line from the goal line on one side of the goal, generally in an arc, to meet the goal line on the opposite side of the goal

“Crease” rules :

No player may touch the ball when it is in the crease

No player may touch the ball when they are in the crease regardless of where the ball is (yes, a foot touching the line is “in the crease”)

**Exception** - An offensive player may dribble through their own defensive crease but may not pause there for “safety”

Sanctions -

Offensive touch in the crease - deadball, opponents free kick from the edge of the crease

Defensive touch in the crease - if the ball continues into the goal, the goal stands. If the ball does not go into the goal the result is a goal. Restart from the center spot

Substitutions may be made at any deadball, regardless of which team is in possession