

Total Soccer 4 v 4 Rules

Results and standings will not be recorded

Deliberate heading is not allowed in 4v4 games

If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense

- Size 3 ball
- 4v4 (no goalkeepers)
- Shin guards are required
- Substitutions are unlimited and can occur at any time
- Kick-ins and/or dribble-ins are always acceptable to restart play (kick offs, out of play, goal kicks, corner kicks, fouls)
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner
- All free kicks are indirect
- Opponents should be 10 feet away from the ball on all restarts
- No penalty kicks
- No offside
 - If a foul is committed by the defending team in the penalty area, the restart will be taken by the attacking team at the top of the arc