



National **SPORTS CENTER**

Four Score

Rules and Regulations

2020

Four Score will be played under FIFA Laws and Regulations in effect January 1, 2018 with the following modifications:

LAW I - The Field

1. **Field Dimensions** –The field shall be approximately 30 yards long by 20 or even yards wide. The field shall be marked with lines four inches in width.
2. **The Goal Area** - At the end of each field of play, will be a box approximately 3 ½ yards long by 2 yards wide.
3. **The Goals** - The goals shall be placed on the center of each goal line. Goal size will be 4 feet in width by 6 feet in height. Nets shall be attached to the posts and crossbars behind the goals. Curved bars or some other method of adequate support shall support the lower part of the goal.

LAW II - The Ball

1. The ball size will be in accordance to the regulations for each age division.

LAW III - Number of Players

1. The game shall be played by two teams consisting of 4 players and no goal keepers.
2. A game can start with three players. A game cannot be played with less than three players. If a player is cautioned a team may play with three players until the caution penalty is served (two minutes).
3. In the event of multiple players being sent off, a team shall not play with less than three players. Subsequently, penalty time will be started upon the conclusion of the earliest penalty. Players **DO NOT** return when the goal is scored (U9-High School).
4. For youth games, an adult must be present on the player sideline for the game to start and to continue.
5. Rosters are frozen at the start of your first game.

Rosters and Eligibility

1. All players must be listed on their team's roster, have completed an NSC liability waiver and must show proof of age to be eligible to play. Rosters are frozen which means all waivers must be completed and proof of age shown by team's first game. Any player without a completed NSC liability waiver or who has not shown proof of age after the deadline will be crossed off the roster and is an ineligible to play.
2. Players may **NOT** play on more than one team in the same age division. If a player is found to be in violation of any of these rules, their team must forfeit the game. For example, a U13 girl may not play on more than one U13 girls' team in the U13 age division. However, a girl may play on a U13 girls' team, as well as a U13 boys' team.
3. An adult, age 20 or older, must be present on the player sideline for the game to start and to continue.
4. In order to play in a particular age group, you must have been born on or after:
 - o 10 and under: 1/1/2010
 - o 12 and under 1/1/2008
 - o 14 and under 1/1/2006
 - o High School: 19 and under 1/1/01

Substitutions

Substitutions are limited to the size of the roster up to a maximum of eight (8) players. Rosters, that are greater than eight (8), must be approved by the tournament director.

Substitutions on the Fly

A "flying" substitution is one that is made when the ball is still in play. The number of "flying" substitutions made during a match is unlimited. A player who has been replaced may return to the field as a substitute for another player.

For "flying" substitutions the following conditions shall be observed:

- a. The player leaving the field shall do so from the touchline crossing over at the sector called the substitution zone. The substitution zone is the area directly in front of the player's bench.
- b. The player entering the field shall also do so from the substitution zone, but not until the player leaving has passed completely over the touchline.
- c. The substitution is complete when the substitute enters the field at which moment he becomes a player and the player whom he is replacing ceases to be a player.
- d. A substitute shall be subject to the authority and jurisdiction of the referee whether called upon to play or not.

Infringement

- a. If during a "flying" substitution, a substitute enters the field, or a replaced player leaves it from a place other than the substitution zone, the referee shall allow the game to continue, and when the ball goes out of play, he shall caution the offending player.

- b. If a player exits or enters the field in an illegal manner, i.e. from an area significantly away from the substitution zone, and the player's team gains an unfair advantage by doing so, the referee may immediately stop the game and award the offending player(s) a yellow card for unsporting behavior. He shall caution the replaced player, caution the substitute, and restart the game by an indirect free kick to be taken by the team opposing the infringing player from the spot where the ball was situated when the game was stopped.

LAW IV – Players' Equipment

1. A player shall not wear anything that is dangerous to other players and/or themselves including jewelry.
2. The usual equipment of a player shall consist of a shirt, shorts/sweatpants, shoes, and socks, which should be consistent in color throughout the team.
3. Cleats or flat-soled shoes are permitted to be used.
4. Numbered jerseys are recommended.
5. Shin guards, which must be covered entirely by the sock, shall be made of a suitable material (plastic, rubber, or similar substance) and must be worn in all youth leagues. Shin guards shall be age appropriate and used as intended by the manufacturer.

Infringement

For any infringement of this law, the player shall be sent off the field to adjust his equipment and shall not return without first reporting to the referee. The player may only re-enter the game at a moment when the ball has ceased to be in play.

LAW V - Duration of the Game

The duration of the game shall be two periods of 12 minutes each with the understanding that:

- a. Games will be played during a **30-minute** time block. Referees will shorten games to conclude within the 30-minute block.
- b. For each half, the referee may compensate for the time, which is lost due to time-wasting tactics and stoppage for injuries. The referee keeps the official time, but will make every effort to stay on time.
- c. The duration of either half shall be prolonged to enable a penalty kick to be taken.
- d. The half-time interval shall not exceed 2 minutes.
- e. During Playoffs, if a game is tied at the end of regulation, it will advance immediately shootout following the FIFA Laws of the Game procedure for Kicks from the mark.

LAW VI - The Start of Play

The first team listed on the schedule is the home team. The home team shall kick off at the beginning of the game. The visiting team shall kick off at the beginning of the second half. You **CANNOT** score directly from a kick-off.

Each team will begin by defending the goal farthest from their players' bench.

When the referee has given a signal, the game shall be started by the player taking a place kick, i.e. a kick at the ball while it is stationary on the ground in the center of the field. On the kick-off to start the game or to begin play after a goal, the ball **DOES NOT** have to go forward. A player may play the ball any direction from the kick. All players shall be in their own half, and the players of the team opposing that of the player taking the kick shall remain at a distance of not less than 10 feet from the ball until it is kicked. The kicker shall not play the ball a second time until it has been touched or played by another player.

- a. Goals may only be scored anywhere in the offensive half of the field.
- b. After a goal has been scored, the game shall be restarted in the same manner as mentioned above with the kick-off being taken by a player of the opposite team to the one that scored.
- c. After the half-time interval, the teams shall change ends and the kick-off shall be taken as stated above.
- d. When restarting the game after a temporary suspension of play from any cause not mentioned elsewhere in these laws, and provided that immediately preceding the suspension the ball has not passed over the touch or goal lines, the referee shall drop the ball at the place where it was when the play was suspended. However, when the ball was in the goal area when play was stopped, ball shall be dropped at the point outside the goal area nearest the ball when the game was stopped. In one team is in clear possession of the ball when play is suspended, that team shall receive a direct free kick. If no one was in possession it shall be a dropped ball.

During a drop ball, the ball shall be deemed to be in play the moment it has touched the ground. If, however, it crosses over the touch or goal lines after the referee has dropped it, but before it is touched by a player, the referee shall drop it again. No player shall play the ball until it has touched the ground. If this last provision is not in compliance, the referee shall again drop the ball.

Infringement

For any infringements of points a, b and c of this law, the restart shall be retaken. However, if the player taking the kick-off plays the ball again before it has touched or is played by another player, a indirect free kick shall be awarded to the opposing team from the place where the infringement occurred.

LAW VII - Ball In and Out of Play

The ball is out of play:

- a. When it has wholly crossed the goal line or touchline, whether on the ground or in the air.
- b. When the referee has stopped the game.

The ball is in play at all other times from the start of the match to the finish, including:

- a. If it rebounds from a goal post or the crossbar into the field.
- b. If it rebounds off the referee when they are on the field.
- c. In the event of a supposed infringement of the laws until a decision is made.

Goal Box

The ball is touched in the goal box:

- a. If offensive player touches the ball in the goal box it results in a goal kick.
- b. If a defensive player touches the ball in the goal box it results in a penalty kick.
- c. If the ball becomes static and does not move in the goal box area results in a goal kick for the defending team.

The lines belong to the areas of which they are boundaries. Consequently, the touchlines and goal lines belong to the field of play.

When a match is being played on a field covered by a roof and the ball accidentally hits the roof, the game shall be restarted with a direct free kick to the opposing team with the ball on the ground below the spot where it hits the roof. In the event the ball hits the roof above the goal area, the referee shall place the ball at the closest to the point outside the goal area where the ball hits the roof and award a direct free kick to the opposing team.

LAW VIII - Methods of Putting the Ball in Play

Kick-in

When the whole ball passes over the touchline, either on the ground or in the air, it shall be kicked back into the game in any direction from the place where it crossed over the touchline by a player of the opposite team to that which touched it last. The ball must be stationary on the touchline or within 1 foot of the touchline "outside of the field of play." Even if the ball is placed outside of the field, the rules will perform as if the ball is placed "on the line." Therefore, a miss-kick that results in the ball not entering the field will result in a loss of possession of the kick-in, since the ball was started "in bounds" or on the line. It shall be deemed in play immediately once it has been touched. The kick-in shall be taken within 6 seconds of the time it is placed on the line. The player taking the kick-in shall not play the ball a second time until it has been touched or played by another player. The player of the opposing team shall be at least 10 feet away from the spot where the kick-in is being taken.

A goal **CANNOT** be scored directly from a kick-in.

Infringement

- a. If the ball is improperly kicked in, the opposing team shall take possession of the kick.
- b. If the kick-in is taken from any position other than the appropriate point where the ball passed over the touchline, a player of the opposing team shall retake the kick.
- c. If the kick-in is not carried out within approximately 6 seconds from the time the player taking the kick places the ball, the opposing team shall retake it.
- d. If the player taking the kick-in plays the ball a second time before it has been touched or played by another player, a direct free kick shall be taken by a player of the opposing team from the place where the infringement occurred, unless it was committed within the goal area, in which case the direct free kick shall be taken from outside the goal area at the point nearest to the spot where the infringement occurred.

If the referee feels the player taking the kick-in did not make an appropriate attempt to properly place the ball, both still and in the correct location, then he will consider the taking of the kick-in an "infringement of the rules" and award the kick-in to the opposing team.

Corner Kick

When the whole of the ball passes over the goal line, excluding that portion between the goal posts, either in the air or on the ground, having last been played by the defending team, a corner kick shall be awarded. On a corner kick, the ball shall be stationary and placed within 18 inches of the corner of the field.

The corner kick shall be taken from the side of the field closest to where the ball went out of bounds. The player taking the corner kick shall not play the ball a second time until it has been touched or played by another player. The player of the opposing team shall be at least 10 feet away from the spot where the corner kick is being taken. A goal **CAN** be scored directly from a corner kick.

Goal Kick

When the whole of the ball passes over the goal line, excluding that portion between the goal posts, either in the air or on the ground, having last been played by the attacking team, results in a goal kick. A goal kick is also issued when the offensive team touches the ball in the goal box. Goal kicks must be taken from the end line, not in the goal area. The ball shall be deemed in play as soon as it has passed outside the goal area. The player of the opposing team shall be at least 10 feet away from the spot where the goal kick is being taken.

A goal **CANNOT** be scored directly off of a goal kick provided it meets the above criteria.

LAW IX - Method of Scoring

A goal is scored when the whole ball has passed over the goal line between the goal posts and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arms by a player of the attacking side.

A goal must be scored in offensive half of the field.

The team scoring the greater number of goals during the game shall be the winner. If no goals or an equal number of goals are scored, the game shall be termed a draw. In the result of a tie during playoffs, a winner must be decided. There will be no overtime, but the game will advance directly to a shootout and the procedure for FIFA kicks from the mark should be used. Only the players on the field at the end of regulation time will be allowed to take part in the kicks from the mark.

Method for determining standings

1. 3 points for a win
2. 1 point for a tie
3. 0 points for a loss

Team Ranking (Tie Breakers)

1. Points: Teams will be awarded three points for a win, one point for a tie, and zero points for a loss
2. Head to head record (* this criteria will not be considered if three or more teams are tied)
3. Goal Differential- Subtract total goals allowed from total goals scored (**maximum 7 per game**)
4. **Fewest Goals Allowed**
5. Three-player "shoot-out". If score is still tied there will be a one player "shoot-out" until the winner is determined.

Playoffs

In all categories, the top teams will advance to a play-off or championship match. Age divisions that have 4-8 teams will advance to a championship match with 1st vs. 2nd place. Penalty shots will be used to determine the winner if the game is tied at the end of regulation. First, a three-player "shoot-out" will be used. If score is still tied there will be a one player "shoot-out" until the winner is determined. Any player that played in the game may participate in the "shoot-out".

LAW X - Referee

A single system of officiating will be used in all the games. The authority and the exercise of the power granted to the referee by the Laws of the Game shall commence as soon as they enter the locality where the field is situated and shall cease when they leave.

During the match, the referee's power of penalizing shall extend to offenses committed when play has been temporarily suspended and when the ball is out of play. Their decision on points of fact connected with the game shall be final, as far as the result of the game is concerned.

The referee shall:

- a. Enforce the laws.
- b. Keep a record of all incidents that occur before, during or after the game.
- c. Act as a timekeeper and ensure that the time stipulated in the rules is adhered to, adding time lost through accident or subtracting time to keep the game time to one hour.
- d. Have discretionary power to stop the game for any infringement of the laws and to suspend or terminate the game, whenever, by reasons of the elements, interference by spectators, or other cause he deems it necessary. In such case, he shall submit a detailed report to the tournament director.
- e. From the time he enters the field; a referee may caution any player guilty of misconduct or unsporting behavior and, if he persists, suspend him from further participation in the game. In such cases, the referee shall communicate the name of the offender to the league monitor in a timely manner.
- f. Allow no person, other than the players, to enter the field without his permission.
- g. Stop the game if, in his opinion, a player has been seriously injured, has the player removed as soon as possible from the field, and immediately resumes the game. If a player is slightly injured, the game shall not be stopped until the ball has ceased to be in play. A player who is able to reach the touchline or goal line unaided shall not be treated on the field.

If a team would like to contest a call made by the referee, complaints will only be accepted from team managers or team coaches.

LAW XI - Fouls and Misconduct

An INDIRECT free kick is awarded to the opposing team if a player commits any foul or infringement.

A DIRECT kick will take place as a penalty kick when an infraction was committed by the opposing team denying the other team a scoring opportunity. Penalty kicks will take place from the center of the mid-line with all players (on both teams) behind the mid-line and not in the center circle. Penalty kicks are dead ball infractions. If a goal is not scored, the defense obtains possession with a goal kick.

Slide Tackles

No slide tackles are allowed for this tournament. An indirect free kick shall be awarded in case of a slide tackle.

Yellow Card Cautions

If a player receives a yellow card during a game, he must leave the playing field and sit on his bench for 2 minutes running time. The official will keep the time. Another player **MAY** be substituted for the cautioned player. If the team is playing only with four rostered players, they will have to play short for 2 minutes running time.

A player shall be cautioned if:

- a. During a "flying" substitution, he enters the field before the player being replaced has entirely left it, or if player enters the field from an incorrect position.
- b. Player persistently infringes the Laws of the Game.
- c. Player shows by word or action dissent with any decision of the referee.
- d. Player is guilty of unsporting behavior.
- e. Player fails to respect the proper distance at a re-start of play.
- f. Player deliberately delays the restart of play.

For any of these above offenses, the referee shall award an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

Red Card Ejections

A player shall be sent off the field if, in the opinion of the referee, he:

- a. Is guilty of serious foul play.
- b. Is guilty of violent conduct.
- c. Uses offensive, insulting or abusive language.
- d. Receives a second yellow card violation in the same game.
- e. Spitting at an opponent or any other person.

The player must leave the playing area and his team shall play short until the first stoppage in play after 5 minutes running time, excluding any stoppage of time by the referee for injury, half-time, or any other reason.

Once expelled, the player concerned may not re-enter the game, nor may he sit on the reserves bench. His team may, however, replace the ejected player 5 minutes after the expulsion, as explained in the preceding paragraph. The referee shall keep control of these 5 minutes. The 5 minutes shall start to elapse as soon as the ball comes back into play after the expulsion. The player who enters the game for the one expelled shall only enter the field when he has received the consent of the referee and the ball is not in play.

If play is stopped by reason of a player being sent off the field for one of the above offenses, the game shall be restarted by an indirect free kick awarded to the opposing team from the place where the infringement occurred.

SUSPENSIONS

Any player that is ejected for 2 yellow card violations (soft red) in the same game must serve a one game suspension in the next scheduled game.

Any player ejected from a game as the result of a hard red card shall serve a minimum of a one game suspension from the next scheduled games. If the tournament director, after consultation with the referee, determines that a modified (longer or shorter) suspension is warranted, he may rule for a suspension of more or less than one game.

Any player ejected from a second game in the event, as the result of a soft or hard red card ejection shall serve a minimum of a two game suspension from the next consecutively scheduled games.

The Tournament Director has the final authority on the duration of all suspensions.

LAW XII - Free Kick

All free kicks shall be classified as "indirect free kick" (from which a goal cannot be scored directly), unless otherwise noted.

When a player is taking a free kick, all of the opposing players shall be at least 10 feet from the ball, until it is in play.

The ball must be stationary when the free kick is taken, and the kicker shall not play the ball a second time until it has been touched or played by another player.

Infringement:

- a. If the player taking the free kick, after having kicked the ball, plays it a second time before it has been touched or played by another player, an indirect free kick shall be taken by a player of the opposing team from the spot where the infringement occurred.
- b. If the team taking the free kick takes more than 6 seconds to do so, the referee shall award an indirect free kick to the opposing team.

LAW XIII - Penalty Kick

A DIRECT kick will take place as a penalty kick when an infraction was committed by the opposing team denying the other team a scoring opportunity or if the defending team touches the ball in the goal box. Penalty kicks will take place from the center of the mid-line with all players (on both teams) behind the mid-line and not in the center circle. Penalty kicks are dead ball infractions. If a goal is not scored, the defense obtains possession with a goal kick.

LAW XIV – Forfeits

If a team must forfeit their game, the score of the game will be recorded as 3-0 for the non-forfeiting team. A forfeit consists of teams not having enough players to participate **OR** using ineligible players for their scheduled game.