

3V3 and 4V4 SMALL SIDED GAMES

The rules are the same as [GCF rules](#) except as modified below.

1. The ball is a size 3.
2. The home team supplies a game ball.
3. There will be 3 or 4 players maximum on the field at one time. A minimum of 3 or 4 players will constitute a team.
4. There is no GOALKEEPER.
5. The goals will be 4 ft. high and 6 ft. wide with a net and anchored, Please Use the PVC Goals.
6. The field dimensions are as follows – 20 yards wide by 30 yards long. This will include a 10-yard line in from of each goal.
7. The 10-yard line (red line) is to allow the defending team – at a restart/goal kick to play the ball out from the back to one of their own defenders within the 10-yard area without being challenged by the attacking team.
8. Also, when attacking – should any of the attacking players be caught back in their OWN 10-yard area the goal will not count. All attacking players must be in contact with play – NO players can stand on their own goal when they are attacking.
9. The game will consist of 4 x 10-minute quarters with 2 minutes between each quarter and a 5-minute half time.
10. The coaches will act as referees on the field and to give direction to the players.
11. The coaches and players will sit on one side of the field and everyone else will sit on the opposite side of the field.
12. Absolutely no slide tackling. Sliding on the ground is prohibited.
13. All free kicks are INDIRECT and opposing players must be 8 yards away.
14. All goal kicks are to be taken from the Goal Box.
15. There are no offsides.
16. Substitutions can be made at any stoppage of play.
17. NO HEADING is allowed – if a player heads the ball the other team receives and indirect free kick, placed where the offending player headed the ball.
18. There will be a maximum of a four-goal differential, if a team is ahead by more than 4 goals they may either sit a player or allow the opposing team to play an additional player
19. All players will play a minimum of half a game.
20. Have Fun!

7v7 Small Modified Fields

The rules are the same as [GCF rules](#) except as modified below.

1. The ball is a size 4.
2. The home team will provide a game ball.
3. There will be 7 players maximum on the field at one time. A minimum of 7 players will constitute a team.
4. There IS a goalkeeper.
5. The goals will be 6ft. high and 18 ft. wide with a net and anchored.
6. The field dimensions are as follows 30 yards wide by 47 yards long.
7. The game will consist of four (4) twelve (12) minute quarters with 2 minutes between quarters and a 5-minute half time.
8. The coaches and players will sit on one side of the field and everyone else will sit on the opposite side of the field.
9. Absolutely no slide tackling. Sliding on the ground is prohibited
10. NO HEADING is allowed – If a player heads the ball the other team receives an Indirect free kick, placed where the offending player headed the ball.
11. All goal kicks are to be taken on or inside the goal box.
12. The soft offsides rule is in effect.
13. Substitutions can be made at any stoppage of play.
14. Build Out Line – There will be no punts made by the goalkeeper in any small modified field games. Defenders must get behind the build out line until the goalkeeper releases (throws or passes) the ball and it also applies to goal kicks. This is intended for “fair play” and to promote playing out of the back. Once the goalie releases the ball attackers may enter the zone. This is intended for “fair play” and to promote playing out of the back. If the keeper forgets and punts the ball, then the referee is to stop play and restart with a direct free kick from the keeper, placing the ball at the spot on the ground where the keeper punted it originally and with the defenders behind the build out line. However, like a free kick, the goalkeeper has the option of waiting for the defenders to get back or the keeper doesn't have to wait, they can throw the ball out at any time if they so choose. There is no consequence to any player if the ball is lost after it is played in.
15. A referee will be assigned to the game. However, if a referee is not at the game then the two coaches will pick someone to be the referee for that game.
16. There will be a maximum of a four-goal differential, if a team is ahead by more than 4 goals they may either sit a player or allow the opposing team to play an additional player
17. All players will play a minimum of half a game.
18. Remember this is an instructional recreational league. Have Fun!

9v9 LARGE Modified Fields

The rules are the same as GCF rules except as modified below.

1. The ball is a size 4.
2. The home team will provide a game ball.
3. There will be 9 players maximum on the field at one time. A minimum of 9 players will constitute a team.
4. There IS a goalkeeper.
5. The goals will be 6ft. high and 18 ft. wide with a net and anchored.
6. The field dimensions are as follows 30 yards wide by 47 yards long.
7. The game will consist of four (4) twelve (12) minute quarters with 2 minutes between quarters and a 5-minute half time.
8. The coaches and players will sit on one side of the field and everyone else will sit on the opposite side of the field.
9. Absolutely no slide tackling. Sliding on the ground is prohibited
10. NO HEADING is allowed – If a player heads the ball the other team receives an Indirect free kick, placed where the offending player headed the ball.
11. All goal kicks are to be taken on or inside the goal box.
12. The soft offsides rule is in effect.
13. Substitutions can be made at any stoppage of play.
14. Build Out Line – Defenders must get behind the build out line until the goalkeeper releases (punts, throws or passes) the ball and it also applies to goal kicks. This is intended for “fair play” and to promote playing out of the back. Once the goalie releases the ball attackers may enter the zone. However, like a free kick, the goalkeeper has the option of waiting for the defenders to get back or the keeper doesn’t have to wait, they can throw the ball out at any time if they so choose. There is no consequence to any player if the ball is lost after it is played in.
15. A referee will be assigned to the game. However, if a referee is not at the game then the two coaches will pick someone to be the referee for that game.
16. There will be a maximum of a four-goal differential, if a team is ahead by more than 4 goals they may either sit a player or allow the opposing team to play an additional player
17. All players will play a minimum of half a game.
18. Remember this is an instructional recreational league. Have Fun!