



## AYSO 1408 SUMTER COUNTY YOUTH SOCCER CLUB



### U6 Guidelines

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#### **Practice Day for U6:**

The U6 practice days consists of 30 minute basic soccer drills, not limited to but to include, Listening skills, dribbling skills, and teamwork.

#### **The Field:**

The recommended field size for U6 games is: 25-35 x 15-25 yards marked with lines or cones.

#### **The Markings:**

Distinctive lines can be used but are not required.

#### **The Goals:**

Goals should be four feet high and six feet wide.

#### **The Ball:**

A size 3 ball is used for U6 games.

**The Players:** Four per team on the field during games; No goalkeepers. Six maximum on roster. One coach from each team may be on the field to manage the game. No contact with players during games.

**Substitutions:** Between periods, at halftime, for injuries, and/or as needed on hot days.

**Playing Time:** Each game has four quarters; every player must play three quarters before any player plays a fourth.

**Player Equipment:** Shoes and shin guards- shin guards must be covered by socks and are mandatory for all practice and games. It is recommended to use cleats but soccer shoes, tennis shoes, or similar types of athletic footwear are acceptable. The type and condition of cleated shoes must be inspected for safety before use.

**Duration of Game:** Four quarters, each lasting five minutes. A half-time break of five minutes.

**Official:** Fully qualified referees are not needed for U6 games. Coaches can officiate but AYSO 1408 will provide referees if available. The main goal is for players to enjoy the game. Apply only essential rules with flexibility, allowing players to play with minimal interruptions.

**The Start of Play:** The game begins with a kick-off at the center of the field.



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**The Kick-off:** The kick-off starts at the center of the field with each team in their half. The opposing team should be at least ten feet from the ball to give the kicker space, though this distance is a guideline. Focus on letting them play without interfering over technicalities. An own goal cannot be scored directly from most methods of restarting the game; instead, a corner kick is awarded to the attacking team.

**Ball In and Out of Play:** The ball is out of play, when it completely crosses the touch line (sideline) or goal line (end line), either on the ground or in the air. The referee or coach in the U6 games will determine when one of these restarts is necessary and should then minimize involvement in the restart process. The focus can shift to technique instruction later.

**Method of Scoring:** A goal is awarded when the ball completely crosses the goal line. Goals must be scored from outside the painted goal box; those scored within it (including the line) do not count and play restarts with a goal kick. No players should act as goalkeepers by staying in front of the goal. Defenders may enter the goal box to defend against an attack. An "own goal", (except otherwise noted) where a player accidentally scores in their own net, is treated like any other goal in that it counts.

**Fouls:** Deliberate fouls should be rare in U6 games. Instances such as kicking, tripping, handling the ball, and dangerous play may occur. If a player is not cooperating well with others, or if play must be stopped for any reason (such as injury, substitution, confusion, or external distractions), refocus the players and resume the game with a free kick or pass-in as appropriate. Award the restart to the team that merits it.

**Misconduct:** Misconduct should be a rare occurrence in U6 games. There is no necessity for publicly cautioning or sending off young players. Officials are encouraged to collaborate with coaches to address situations where a player may require a 'time out'.

**Free Kicks:** Play may need to be stopped occasionally to address situations in U6 games. A player might pick up the ball and start running with it, try to keep it away from other players, or there may be a group of children on the ground kicking at both the ball and each other. Stop playing, quickly correct the situation, and restart with a kick to an appropriate player. **All free kicks in U6 are indirect kicks** (kicks made to a teammate). Opponents must be at least ten feet from the ball during free kicks. Free kicks awarded to the attacking team inside the defending team's goal area are to be taken from the nearest point on the goal area line parallel to the goal line.

**Offside:** There is no offside.

**Throw-In replaced with Kick-ins or dribble-ins:** In U6 games, throw-ins are replaced with kick-ins. Opponents should be ten feet from the ball. A kick-in is awarded when the ball is out of play, completely crossing the touch line (sideline)



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**Goal Kick:** A goal kick is awarded to the opposing team when the attacking team is the last to touch the ball before it crosses the line between the goal line and corner box, without scoring a goal. The goal kick may be taken from any point inside the goal area. The opposing team must remain at least ten feet away from the ball when the goal kick is taken. **Own goals from a goal kick:** If a player kicks the ball into their own goal from a goal kick before it's touched by another player, a corner kick is awarded to the opposing team.

**Corner Kick:** A corner kick is awarded to the opposing team when the defending team is last to touch the ball before it crosses the line between the goal line and corner box, without scoring a goal. The opposing team must be at least ten feet from the ball when the corner kick is taken. If the team scores an own goal, a corner kick is awarded to the opposing team.

**Handling "Hand Ball":** A handling infraction occurs when a player deliberately handles the ball. The term 'hand' includes the entire arm up to the top of the shoulder. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (where the ball strikes the hand or arm without any intent from the player) is not considered an offense and should not be penalized.

**No Heading:** If a player intentionally heads the ball during a match, the opposing team will receive an indirect free kick from the spot of the infraction.

### **Coach Training:**

AYSO offers excellent training for all registered volunteers through the AYSO University website. Visit <https://aysou.org/> and navigate to "Online Courses" to access various courses. Every volunteer must complete the required courses:

- AYSO Safe Haven
- CDC: Concussion Course
- SafeSport
- Cardiac Arrest

If you have any questions, please contact us via [www.facebook.com/SCYSC.AYSO1408](https://www.facebook.com/SCYSC.AYSO1408).