

# 6U Guidelines - Hilo AYSO

## THE FIELD

Dimensions: Maximum 30 yards long and 15 yards wide (90 ft x 45ft)

Markings: Distinctive lines not required.

Field can be marked using 10 flat pro-cones and four regular cones

Goals: Pugg Goals, found in container

Size 3 Ball

## DURATION OF PRACTICE

1 Practice/ week allowing for 1 hour each practice

## DURATION OF GAME

Four 5 minute "quarters"

Halftime breaks of 5 to 10 minutes

## NUMBER OF PLAYERS PER TEAM

Maximum number of players on the field at any time: four (4)

Maximum number of players on roster: six (6)

Substitutions: Halfway through each period and at halftime

Playing time: Minimum of 50% of the total playing time for each player and 75% when possible. No one should play four periods until everyone has played three

## PLAYERS' EQUIPMENT

Footwear: Tennis shoes or soft-cleated soccer shoes

Shin guards: MANDATORY for both practices and games

## THE START OF PLAY

The game should be started with a kick off in the middle of the field. The coaches should determine which team starts the game and the opposing team should start the second half.

Opponents are at least five (5) yards from the spot of the free kick

## BALL IN AND OUT OF PLAY:

Allow play to continue if possible. If not, try to have players throw in from the sideline, kick in from the goal line. Use the line that the ball crossed over when it left play

## METHOD OF SCORING

No change from regular play. Score not kept

## AYSO RECOMMENDATIONS

Parents, coaches, and players from both teams cheer for the other team before and/or after each game. After the game, line up and give high fives to the other team - let them know you had a good game!

Parents and coaches should encourage players, but not coach or instruct during game time

Spectators are not allowed behind either goal or within three (3) yards outside the touchline