

6-U (Instructional) Condensed Playing Rules



Field Diagram/Rules	See Appendix E at the end of the Rulebook for a Field Diagram and age-specific rules (pg. 51)
The Field	The field size is 25-35 yards long, 15-25 yards wide. See Appendix E for a field diagram (pg. 51)
Field Markings	Halfway Line - width of field, marked equidistant between Goal Lines
Corner Flags	Not needed
Goals	4 feet high and 6 feet wide (maximum); must be securely anchored before beginning play
Ball	Size 3 ball
Number of Players	Four (4) per team on field, no goalkeeper; minimum of three (3) players to continue.
Substitutions	Unlimited for team taking throw-in; opponents may only substitute (unlimited) if team taking throw-in substitutes.
Playing Time	All players to play a minimum of half the game. Preferably all players play equal amount of time.
Player Equipment	Shirts, shorts, shin-guards, socks, shoes (soft footwear with no cleats is recommended). Same color shirts. Socks to cover shin-guards. No jewelry/earrings.
Duration of Game	Four 8-minute quarters; 5-minute breaks between quarters.
Referees	Registered and Certified Referees are not needed at this level Coaches are expected to manage the game A coach from each team may be on the field to instruct the players and enforce the rules
Ball Out-of-Play	Ball is out-of-play when it completely leaves the field-of-play over the Touchline or Goal Line, either on the ground or in the air. Ball is also considered out-of-play whenever the whistle is blown, and the game is stopped.
Restarts	All restarts are Indirect, i.e., two touches required for a goal to be awarded. Opponents to be at least 10-feet away from the ball. Player taking the restart may not touch the ball again until it has touched another player (restart is Indirect Free Kick [IFK] to opponents). Ball is in play when it is kicked and clearly moves.
Kick-Off	All players on both teams must be in own half of field with the ball placed at midpoint of Halfway Line. Ball may be kicked in any direction and is in play when it is kicked and clearly moves.
Corner Kicks	Restart when ball goes over Goal Line (End Line) last touched by a defending player. Kick to be taken from the nearest corner of the field.
Goal Kicks	Restart when ball goes over Goal Line (End Line) last touched by an attacking team player. Kick to be taken from any point in the vicinity of the goal.

Kick-In	Restart when ball goes over the Touchline (Sideline). Kick-in taken by opponent of player who last touched the ball. Indirect Free Kick (IFK) taken from 1-yard inside the Touchline.
Free Kicks	All free kick restarts are to be an Indirect Direct Free kick (IFK) - two touches required for a goal to be allowed. Kick is to be taken at spot of the offense.
Penalty Kicks	No penalty kicks in 6-U (Instructional).
Fouls (Law 12)	Offenses in accordance with criteria defined in Law 12 . The nature of the offense should be explained to the player. There shall be no cautions (cards) or ejections.
Heading	Heading the ball deliberately is prohibited. No head balls at this age.
Handball	An offense when a player deliberately plays the ball with their hand or arm. Accidental contact, i.e. ball striking hand or arm with no intent by player, is not an offense and should not be penalized. Instinctive, self-protective reactions are not to be penalized.
Offside	No offside in 6-U (Instructional) games.
Scoring	When the whole of the ball completely crosses the Goal Line between the posts and under the crossbar in the air or on the ground.

Age Division	# of Players on Field (Per Team)	Play with Goalie	Min. # of Players on Field	Game Length (in minutes)	Ball Size	Offside Enforced	Heading	Subs
6U-Instructional	4	No	3	4 x 8	Size 3	N/A at this level	Not allowed	Unlimited

Last Updated: 10/1/2021