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RULES OF THE GAME

BASIC RULES FOR YOUTH SOCCER

U6 – FUTURES LEAGUE

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Holden Youth Soccer – Soccer Rules of the Game

Summary of U6 – Futures League Rules

General Rules

- **Format:** 4v4 – 4 outfield players, no goalkeeper
- **Time:** 2 x 12 mins halves plus a 5 min break
- **Ball:** Size 3 only, properly inflated 5-6 psi
- **Rosters:** Rosters are not required but safety checks are required

Soccer Rules

- **Slide Tacking:** Not allowed
- **Throw-Ins:** None
- **Offside:** None
- **Subs:** Unlimited and rolling, coaches can sub players in/out during the flow of the game.
- **Free-Kicks:** There are no free-kicks at U6, play can stop if a player is hurt or injured.

Safety Rules

- **Jewelry:** There is **no** jewelry allowed – earrings of any type, bracelets, necklaces, watches.
- **Bracelets:** Medical/religious bracelets are allowed but must be secured or taped down.
- **Casts:** No rigid casts allowed – this includes soft hand/wrist/arm splints with metal in them.
- **Braces:** Knee braces with metal are not allowed.
- **Hair:** Soft hair items – pre-wrap or elastic bands are allowed, Barrettes, beads, or plastic clips in hair are not allowed.
- **Clothing:** Sweatshirts are allowed if worn under the jersey and the hood is tucked in. Sweatpants worn over the uniform shorts and socks are allowed.
- **Shin Pads:** Shin guards are required and worn under the socks.
- **Socks:** Socks are required and worn over the shin guards.
- **Cleats:** Soccer footwear is required – no football or baseball cleats or footwear with metal studs.



Holden Youth Soccer – Soccer Rules of the Game

Introduction

Soccer is a complex sport, but the rules are simple. The objective is to get the ball in the opposing team's goal.

The rules become more complicated and technical with the level of play. But even at the professional level they are quite simple. FIFA, International Federation of Football, holds the official rules to the game. The official rules may be modified in their application for players of under 19 years of age, female soccer players, veteran players (over 35 years of age), and for players with disabilities.

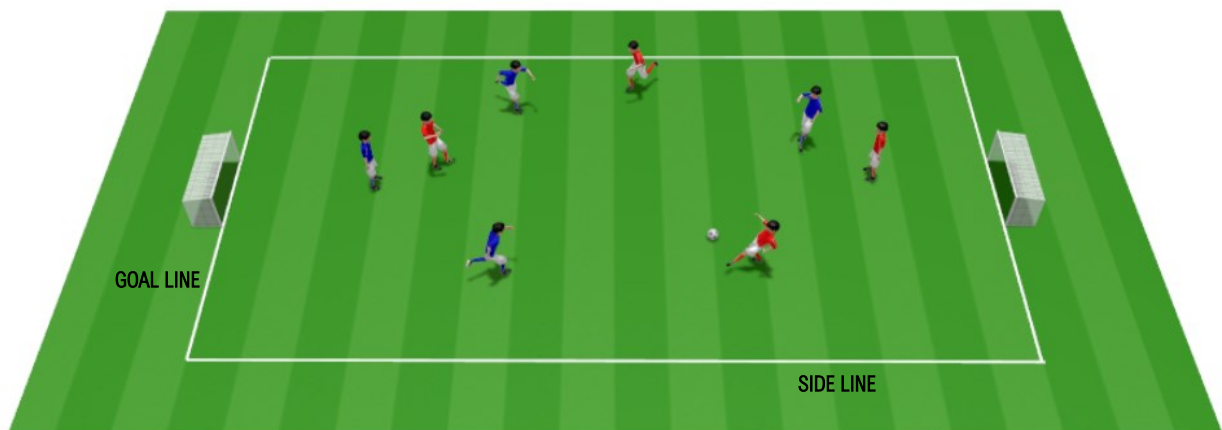
This document outlines the modified rules of play for the [HYS U6 Futures League Program](#)

General Soccer Rules

The U6 Futures league program plays on 4v4 fields

Size of the Field – 5v5

- The field is between 15-20 yards in length and 10-20 yards in width
- The goal size is 5 feet wide by 3 feet tall



Ball Size

The ball size for U6 Futures League is size 3.

Players

Soccer is played by two teams of equal number. Our U6 Futures League program is often mixed grades. Whilst we do our best to keep teams within 2 grades it's not always possible in which case we mix multiple grades and play on the smaller size field.



We suggest the following numbers based on the make-up of the teams:

- Grade Pre-K and K. 4v4 with a roster size of approx. 7-10. The minimum numbers of players on the field are 3.

Substitutions

For U6 Futures leagues there is no cap on substitutions. Substitutions can be made by coaches at any time of the game, it does not need to wait for the play to be stopped.

Durations

The standard duration of our U6 Futures League game is two 12 min halves separated by a 5 minute break. There is no time added to the end of the game for injuries, substitutions, and goals

Equipment

The basic equipment needs for soccer are simple. Every player on the team should have a matching color jersey, wear shin pads under soccer socks, wear appropriate soccer footwear, and be wearing no form of jewelry at all.

For our U6 Futures League program

- There is **no** jewelry allowed – earrings of any type, bracelets, necklaces, watches.
- Medical/religious bracelets are allowed but must be secured or taped down.
- There are no rigid casts allowed – this includes soft hand/wrist/arm splints with metal in them.
- Knee braces with metal are not allowed.
- Soft hair items – pre-wrap or elastic bands are allowed.
- Barrettes, beads, or plastic clips in hair are not allowed.
- Sweatshirts are allowed if worn under the jersey and the hood is tucked in.
- Sweatpants worn over the uniform shorts and socks are allowed.
- Shin guards are required and worn under the socks.
- Socks are required and worn over the shin guards.
- Soccer footwear is required – no football or baseball cleats or footwear with metal studs.



Playing Soccer Rules

Starting the Game

The game begins at the center of the field. The team who kicks off passes the ball to a teammate at the referee's signal. The ball can be passed back or forward at kick off. The opposing team is not allowed to enter the center circle until the team kicks off (some get confused with the ref's whistle as the signal to play but it really begins with the team kicking off).

Game in Play:

As long the ball stays in the field the game is in play. The only exception is when the coach stops the game for an injury or a goal is scored. The ball is considered in play as long as it is inside the end lines and side lines. For U6 soccer it is ok if the ball leaves the field of play, one coach from each team should move with the ball/play and simply roll, pass or get he ball back into the field if the ball goes out. If the ball is only a few feet out of play, encourage the players to bring it back into the field but don't stop play.

Goal

In the basic soccer rules the point of the game is to get the ball in the opposing teams goal and the team with the most goals after the specified time is the winner. The ball must cross the goal line to be a goal. Therefore, if the ball is still in contact with the end line in the inner part of the goal it is not a goal! The play is restarted at the center of the field after a goal is scored.

Outcome of the Match

A typical soccer match ends in either a win/loss or a draw. A win is when the referee ends the match, and a team has more goals than the other team. A losing team is the team that has less goals at the end of the match. A draw is when both teams have the same number of goals at the end of the match. We do not keep score at U8.

Ball In and Out of Bounds

We do not do throw-ins, goal-kicks or corner kicks at the U6 age group.

Offside

We do not apply the offside rule at the U6 age group.

Free Kicks

In soccer free kicks are awarded for infraction of the game. For the U6 Futures league we will not be penalizing these infractions with free kicks.

Typical infractions typically include

- **Dangerous Play:** High boot near an opponent's head, or playing the ball while on the ground near



another player.

- **Obstruction:** Impeding an opponent's progress without physical contact (e.g., blocking a defender).
- **Time-wasting:** Players intentionally wasting time to gain an advantage.
- **Physical Contact:** Kicking, tripping, pushing, jumping at, or charging an opponent.
- **Handball:** Deliberately handling the ball.
- **Holding/Impeding:** Holding an opponent (e.g., pulling a jersey) or spitting at someone.

Because we do not typically see these types of infraction at this age group we will not be calling these fouls, if these incidents occur encourage the players to keep playing and try to clarify the rule with that player “we don’t use our hands in soccer” or “we can hold the players shirt”. If a player continues to commit these infractions substitute the player and talk to them on the sideline.

We find at this age group the best thing to do is keep the game moving and encourage positive play.

The Penalty Kick.

There is no penalty kicks at the U6 age group.

For more detailed descriptions of the rules please see [iFAB](#).



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THANK YOU

