

U6 Rules and Guidelines

Basic Rules

1. 3 v 3
2. 8 minute quarters with 2-3 minute breaks between quarters
3. Kick-off from the center circle to start each quarter - alternating which team starts with the ball. Each team starts on their own half of the field.
4. Switch sides at half – this is confusing to players, but important to learn
5. Coaches are encouraged to be on the field, but out of play
6. Substitute on-the-fly and as often as needed. **Please try to play all players evenly**
7. No goalies
8. Out-of-Play
 - a. When the ball goes out on the sides of the fields, the team that did not kick the ball out should throw the ball back in.
 - i. Toes should remain on the ground and behind the line – no jumping!
 - ii. The ball should be thrown with both hands, starting behind the head.
 - b. When the attacking team kicks the ball across the end line, the opposite team should kick the ball back in as a goal kick.
 - i. The team not kicking should retreat to the half line.
 - ii. The ball should be placed in the box around the goal and kicked to another teammate.
 - c. When the defending team kicks the ball across the end line, the opposite team should kick the ball back in as a goal kick.
 - i. The defending team should stay 8-10 back from the ball.
 - ii. The ball should be placed in the corner and the attacking team should kick the ball to another teammate.
 - d. After a goal, the opposite team starts play again with a kick-off from the center circle.

****When bringing the ball back into play, the kicker/thrower cannot be the first to touch the ball after the initial kick/throw...so they cannot pass to themselves. Re-kick/throw if this happens.****

Equipment

1. All players need a reversible jersey
2. All players need shin guards, under their socks
3. Water bottle
4. Cleats are optional – **no front cleat or metal cleats**