

U-6 (4 1/2-5 Year Old's) Guidelines

The objectives are to have fun, learn some soccer basic skills, and receive an introduction to team play. Competitive aspects are minimized, games are simple scrimmages.

SAFETY – Players shall not wear anything considered dangerous to themselves or to another player.

- **No jewelry allowed.** Healing posts will need to be removed.
- **No knots or bunching of shirt tails or shirt shoulders.**
- **Medic Alert bracelets/medallions. Are allowed** but must be taped to the wrist or body.
- The referee (coaches) will check equipment before the game to ensure the players' equipment is safe. (Refer to Law IV of the Playing Laws for examples of Illegal/Unsafe Equipment.
- All players must wear Shin-guards. Shin-guards must be totally covered with socks.
- Soccer shoes or athletic shoes must be worn.

SPECIAL NEEDS – During equipment checks the referee (coaches) should inform the other coach about players that have special needs (medic alert, need to use an inhaler, diabetic, etc.)

REFEREE - One coach from each team should be on the field to instruct players and enforce the rules.

PLAYERS ON THE FIELD

- Five (5) players on the field for each team.
- No goalkeeper.
- One coach is allowed on the field for each team.

DURATION OF GAME

- Ten (10) minute quarters.
- Two (1) minutes between quarters.
- Five (5) minute halftime.
- Switch ends after each quarter.
- Switch team that kicks off to start the quarter.

NO SLIDE TACKLES – Tackling in soccer is simply stopping the ball when the opponent is dribbling. Players should not slide on the ground to kick the ball. If a player continues to slide, the referee (coach) should warn the player. If it continues, the coach should sub them out and explain what they are doing wrong. **KEEP IT SAFE!**

NO DELIBERATE HEADING

- Deliberate heading of the ball is forbidden.
- An indirect free kick is awarded to the opponents at the spot of the infraction.

SIDES OF THE FIELD

- The "Bench" or team areas are located on the same side of the field, separated by the halfway line to facilitate substitutions.
- Substitutions are conducted from the halfway line with the referee's (coaches) permission during game time or made between quarters.
- Unless waiting to substitute, players should be in their team area away from the hallway line.
- Spectators may be on either side of the field. **NO ONE IS ALLOWED BEHIND THE GOAL OR GOAL LINE.**

KICK-OFF

- All players must be on their own half of the field with the ball placed at the midpoint of the halfway line.
- Ball may be kicked in any direction. Kicking player can cross the line to kick the ball back to teammates.

BALL OUT OF PLAY

- The lines are a part of the field.
- The ball is out of play when it completely crosses a boundary line either in the air or on the ground, or the referee (coaches) stops play.
- Restart by opponents of player who last touched the ball.

RESTARTS

- All restarts are indirect, i.e., two touches required for a goal to be allowed.
- Opponents to be at least **10-feet** away from the ball.
- Ball over touch line, indirect free kick from one yard inside the touch line.
- Ball over goal line, corner kick from the nearest corner of the field.
- Goal kick from any point near the goal.
- Ball is in play when it is kicked and clearly moves.
- Player taking the kick may not touch the ball again until it has touched another player (restart for infraction is free kick to opponents).

OFFSIDE

- The offside rule does not apply in these games.

FOULS AND MISCONDUCT

- All fouls should result in a free kick, after the nature of the foul has been explained to the player.
- All free kicks to be indirect taken at the spot of the offense.
- There will be no cautions, ejections or penalty kicks.

HANDBALL

- 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.