

## **APPENDIX E: U6/INSTRUCTIONAL GUIDELINES**

### **The Ball:**

- A size 3 ball should be used.

### **The Players:**

- Play should be (4v4) with up to four (4) substitutes and no goalkeepers.
- Substitutions are unlimited and may occur at any time.
- All players should play approximately an equal amount of time.

### **Equipment:**

- Teams should wear different colored shirts.
- Shin guards covered with socks are required.
- Cleats or running shoes may be worn.

### **Referee:**

- Registered and certified Referees are not needed at this level.
- A coach from each team should be on the field to instruct the players and enforce the rules.

### **Duration of Game:**

- There should be four (4) quarters of eight (8) minutes each with 5-minute breaks between quarters.

### **Kick-Off:**

- All players must be on their own half of field with the ball placed at the midpoint of the Halfway Line.
- Ball may be kicked in any direction.

### **Ball Out of Play:**

- When the ball completely leaves the field-of-play either on the ground or in the air, 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-ft. away from the ball.
- For a ball over the Touch Line:
  - Free kick taken from one (1) yard inside the Touch Line.
- For a ball over the Goal Line:
  - Corner kick taken from the corner of the field, or
  - Goal kick taken from any point in the vicinity of 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 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.