

Lincoln Youth Soccer Association

U6 Soccer Rules

1. **The Field of Play:** The dimensions are smaller to accommodate the 5 v 5 game and are appropriate for the movement capabilities of four and five year old children. These adjusted dimensions provide more practical space allowing players to be successful.
2. **The Ball:** Must be a size three. The smaller ball is lighter and more easily kicked, received, dribbled, and passed.
3. **The Number of Players:** There are to be 5 players on the field for each team at a time. However, the coaches should be encouraged to allow players from the team with sufficient numbers to “loan” a player or two to the team that is short players and the PLAY.

There are no goalkeepers so that all of the players may chase the ball around the field. The kids want to be where the action is and at this age, it is around the ball. This will provide the opportunity for the children to further develop their running, jumping and kicking coordination. These are valuable traits for all soccer players to develop. The smaller number of players takes into account the egocentrism of this age group and therefore allows each child more opportunities for kicking and dribbling the ball. With fewer players on the field each child has an increased number of contacts with the ball and has more actual playing time. Additionally, the players will be required to make more decisions and experience repeating game situations frequently. The work rate and involvement of players will be more consistent. While learning both offense and defense, players will become well-rounded and will understand more readily the roles and importance of teammates.

Play must be stopped for all substitutions; we can never allow on-the-fly substitutions. The rationale for substitutions at any stoppage is to give more playing time as noted.

4. **The Players Equipment:** Uniforms must be worn to distinguish teams. Non-uniform clothing is allowed based on weather conditions.
5. **The Referee:** A referee is not really needed for this age group. Instead, the two coaches should supervise the game for safety sake. Only one coach per team is permitted on the field and one coach per team is permitted behind the goal. All rule infringements shall be briefly explained to the offending player and all wrongful play is to be called by either coach. “Do-overs” should be a regular

occurrence allowed by the coaches supervising the game. All coaches are required to have a whistle. If the whistle is blown, all play must stop.

6. **Duration of the Match:** The game is divided into four (4) equal 8-minute quarters. Quarters are played to accommodate the attention span and physical limitations of the children. The clock is to run constantly unless there is a significant delay. Quarters should end on a dead ball, not during the middle of a play. There shall be a 1-2 minute break between quarters and a 3-5 minute break at half time. You do not switch sides at this level. Time keeper should give a 1-minute warning prior to expiration of each quarter.
7. **The Start and Restart of Play:** Kick-off will start the game and restart the game after a score. During a kick-off, the ball must be placed at the center line in the circle. The ball must cross the center line and the opposing team can not be in the circle at any time during a kick-off.
8. **Offside:** There shall be no offside penalty called during these games.
9. **Fouls and Misconduct:** If a child is being too rambunctious then the coaches will be allowed to make a substitute of that player to give the child a chance to calm down before returning to play. Pushing, elbowing, shirt-pulling, and excessive aggression is not acceptable and MUST be corrected. No cards shown for misconduct.
10. **Indirect Free Kicks:** An indirect free kick is only used at this level. It is suggested that all opponents are at least four (4) yards from the ball whichever a larger distance is until the ball is put in play. A goal cannot be scored until 2 players touch the ball.
11. **The Penalty Kick:** There will not be any penalty kicks called.
12. **The Throw-In:** If the ball goes out of bounds on the side line, a throw-in must be made to put the ball in play. The throw-in must be made at the exact location that the ball went out of bounds. The correct way to do a throw-in is by keeping both feet planted on the ground and the ball must be released over the players' head using both hands. If a throw-in is done incorrectly, the player may keep trying until it is done correctly. The parameter line is considered in bounds.
13. **The Goal Kick:** A goal kick is taken if the ball crosses the goal line by which the offense last touches the ball. The ball should be placed in/on the goal box to make it easier for the child taking the goal kick to get the ball well into the field of play once it is kicked. The defending players must stand at least four (4) yards

away from the ball until it is in play. The position of the defending players is so that the attacking team has a chance to advance the ball up the field.

14. **The Corner Kick:** A corner kick is taken if the ball crosses the goal line by which the defense last touches the ball. It is taken at the closest corner anywhere in the arc. The defending players must stand at least four yards away from the ball until it is in play.
15. **Playing Time:** A minimum of at least 50% playing time is required. However, coaches need to use their judgment if a player is not capable of playing for that length of time. But do not take advantage of this. This is not a “win-at-all cost” type of program.
16. **Scoring/Standings:** This is a non-competitive age group and score and standings will not to be kept. Coaches are to discourage their players from keeping score.
17. Players are to sit on the sidelines and parents are to sit on the opposite side of the field.
18. First Southern Veterans Park is a fan-friendly park so please be a park-friendly fan and pick up all trash on the field after practice and games.