



6U (4V4) GAME RULES

1. GAME SET-UP

GAME DURATION: 4 X 8-MINUTE QUARTERS WITH 2 MINUTES BETWEEN QUARTERS AND A 5-MINUTE HALFTIME
BALL SIZE: 3
NUMBER OF PLAYERS: 4V4 WITH NO GOALKEEPER

2. PLAYER EQUIPMENT

ALL PLAYERS, INCLUDING THE GOALKEEPER, MUST WEAR SHIN GUARDS DURING PRACTICES AND GAMES
HARD CASTS ARE NOT ALLOWED
JEWELRY IS NOT PERMITTED
HATS ARE NOT ALLOWED ON PLAYERS OTHER THAN THE GOALKEEPER UNLESS THEY ARE WORN FOR MEDICAL OR RELIGIOUS REASONS

3. SUBSTITUTIONS

FREE SUBSTITUTIONS. COACHES ARE NOT REQUIRED TO WAIT FOR A BREAK IN PLAY

4. GOAL ARCH

GOALS WILL HAVE ARCHES IN FRONT OF THEM. NO PLAYER IS ALLOWED TO TOUCH THE BALL INSIDE THE ARCH. A TOUCH RESULTS IN EITHER A GOALKICK (TOUCH FROM ATTACKING TEAM) OR A GOAL (TOUCH FROM DEFENDING TEAM)

5. PLAYING TIME

EACH PLAYER IS REQUIRED TO PLAY A MINIMUM OF HALF OF EACH GAME

6. COACHING FROM ENDLINES

ONE COACH PER TEAM ARE ALLOWED ON THE FIELD. THE PLAYER MAY NOT PHYSICALLY MOVE ANY PLAYERS ON THE FIELD
PARENTS AND SPECTATORS MUST SIT ACROSS THE FIELD FROM THE PLAYERS AND COACHES

7. INJURY

PLAY WILL STOP IMMEDIATELY IN THE EVENT OF A SERIOUS INJURY

8. RULES OF THE GAME

NO REFEREES AT THIS AGE GROUP, COACHES WILL REFEREE THEIR OWN GAMES
NO SLIDE TACKLING ALLOWED
NO OFFSIDE RULE
ALL FREE KICKS ARE DIRECT KICKS. OPPONENTS MUST BE 5 YARDS AWAY FROM BALL
GOAL KICKS TAKEN NEAR THE END LINE NEXT TO THE GOAL. ALL OPPONENTS 5 YARDS AWAY
PLAYERS ARE GIVEN UNLIMITED THROW-IN ATTEMPTS UNTIL THEY SUCCEED, OR THE COACH SELECTS ANOTHER THROWER

9. HEADING

NO HEADING ALLOWED IN THIS AGE GROUP. PLAYERS ARE NOT ALLOWED TO HEAD THE BALL IN PRACTICE OR DURING GAMES