



# AYSO Region 214 - U6 Guidelines

The U6 Program consists of a 90-minute session: 65 minutes of warm up and technical development and one 25-minute game (including halftime).

## **The Field:**

The field size for U6 games is 15 x 30 yards.

## **The Markings:**

Distinctive lines can be used but are not required.

## **The Goals:**

The goals are Bownet goals: 3 x 5 feet.

## **The Ball:**

A size 3 ball is used for U6 games.

## **The Game:**

After a practice period, the playing team will be divided into two groups of 4 players. One group of 4 players will stay on the home field and be managed by the Coach and play the Visiting Team managed by the Co-Coach (or Game Manager). The other group of 4 players will go to the Visiting Field with the Co-Coach (or Game Manager) to play those 4 players on their Home Field with their Coach.

## **The Players:**

There will be three per team on field and no goalkeepers. Eight maximum on roster. Substitutions are between periods, at halftime and for injuries. Each player will play a minimum of three periods per game and no player should play four periods until everyone has played three periods. Only players should be allowed on the field, with the exception of the coach of the home team and the co-coach (or game manager) from the away team who will manage the game.

## **Player Equipment:**

Shoes and shinguards, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.

## **Duration of Game:**

Four five-minute periods. Half time break of 5 minutes.

## **The Start of Play:**

To start the first and second halves, and following each goal in all age group games, play is started or restarted with a kick-off in the center of the field. A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Following a goal, the team scored upon kicks off.

## **The Kickoff:**

The kickoff is taken from the center of the field with each team in their own half and the team not kicking off at least 5 yards from the ball. Do not insist the opponent be a minimum of precisely 5 yards from the ball as this is just a guide to give the kicker room to kick the ball without it immediately hitting an opponent. Remember, let them play and do not interfere for technicalities.

## **Ball In and Out of Play:**

The ball is out of play in all age group games when it completely crosses the touch line (side line) or goal line (end line) either on the ground or in the air. Throw-ins should be taken when the ball crosses the touchline, and goal kicks (or kick-ins) should be taken when the ball crosses the goal line. In U-6 games, the coaches and the



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game managers will determine when the ball is out of play and should guide the restart, interfering as little as possible. It's the player's game, let them play and work on technique later.

### Fouls & Misconduct

The coaches will assess direct free kicks for all fouls, with the opponents five yards away from the ball.

### Official:

There is no need for fully qualified referees to manage U6 games. A U6 certified coach must be present on the field, and a Safe Haven certified Game Manager may assist in officiating. Any adult on the field must be both a current AYSO volunteer and have taken AYSO's Safe Haven Training. The games are intended to be an opportunity for the very youngest of our players to experience the fun of playing. The barest of minimum rules are needed and should be applied with a generous amount of flexibility. Let the players have the freedom to play with minimum interruption.