



### Modified Laws & Guidelines for U6 & U8

The ISC modified laws and guidelines for structured game play at the U6-U8 age level allows young players to experience a competitive environment while doing so in a way that respects their size, abilities, maturity and desire to have fun. There is an emphasis on player's individual skill development and ability to maximize their touches on the ball and every aspect of the game has been weighed in arriving at these laws and guidelines, including players on the field, re-starts, and field size. This approach seeks to support overall skill development, or 'how it is done,' versus the result, or 'what is done.'

ISC has and will continue to look at all aspects of our youth development program to find ways to improve the overall experience for the betterment of the children's progress. There are several soccer organizations on national and state levels consulted, including US Soccer and New York State West. This is the discussion being had on a global scale by the most knowledgeable and experienced player developers.

Any questions regarding the interpretation of these rules and guidelines should be directed to the VP of Recreation Soccer or the Director of Coaching.

#### MATRIX OF KEY RULES & GUIDELINES FOR U6 & U8

	<b>U6</b>	<b>U8</b>
Field	25 x 20 yards	30 x 25 yards
Ball	Size 3	Size 3
Players on the Field	4v4	4v4; 5v5 if both teams have minimum of 10 players available
Restarts	'New Ball'	Sidelines – Kick-ins End lines – Corner Kicks & Goal Kicks
Officiating	Coaches Manage Game	Certified Referees
Period of Play	2 x 20 minute halves	2 x 20 minute halves
Spectators	Same side as their child's team	Teams on one side; Parents directly opposite their child's team

## Modified Laws & Guidelines for U6

*Release Date: June 9, 2015*

### 1) THE FIELD

- a. Dimensions of the field shall be set up as follows
  - i. Length: 25 yards; Width: 20 yards
- b. Goals shall be placed at each end of the field
  - i. Suggested size: 4 ft. x 5 ft. Pugg or equivalent is acceptable.
- c. Markings shall be established by placement of discs or small cones to create the proper field dimensions
  - i. Coaches shall space cones approximately two yards (or 'paces') apart
    1. Should equal approximately twelve (12) along each sideline
    2. Should equal approximately eight (8) along each end-line, including the goal
    3. If possible, designate the lines with discs, and corners with cones
    4. No center spot or circle is drawn, use coach's estimate
- d. Other line markings are not necessary to facilitate a U6 game

### 2) THE BALL

- a. Size 3 only
- b. Have multiple balls available for coaches to introduce when a ball full crosses over sidelines or end-lines

### 3) PLAYERS

- a. Maximum number of players on the field at one time from one team: four (4)
- b. There are no set positions on the field, including no goalkeeper (GK)
- c. Players are properly equipped with shin guards, and shoes (cleats optional)
- d. The players should not be directed to occupy a specific 'position' on the field, such as 'Goalkeeper,' or 'Defense' and any practice of directing players to maintain positions which are intended specifically to prevent scoring ('standing in the goal') or create scoring ('stand in front of the other team's goal') is highly discouraged
  - i. Players naturally gravitating to these areas should be regularly encouraged to go to the ball and challenge the opposing team

### 4) SUBSTITUTIONS

- a. Substitutions should allow for balanced playing time throughout the players with players ideally playing approximately 50% of the game time
- b. It is recommended to develop a balanced rotation of your players and avoid tactical moves related to the 'game' or attempting to boost scoring. This approach is detrimental to the player development process and should be reserved for older ages.

- c. Recommended substitution range is 4-4.5 minutes, maximum 5 minutes. Exceptions should be made when the ball has gone out of play consistently and game flow wasn't established
- d. Always substitute an injured player immediately
- e. General substitutions should be made in bulk so to allow coaches to facilitate the game
- f. Substitutions on the fly are allowed to accommodate players needing rest or with minor injuries

#### **5) RE-STARTS**

- a. Start of Game or Second Half of Game, After Goal Scored – Kickoff from center spot
  - i. Opposing players should be a minimum of three (3) yards back from the center spot when kick is taken and should not encroach before the ball is touched by the kicking team
- b. Ball out of bounds – New ball tossed out by closest coach
- c. All other re-starts – New ball tossed out by closest/most appropriate coach
- d. If a foul is committed which warrants stopping the game, the awarded kick should be indirect

#### **6) OFFICIATING**

- a. The coaches should collectively officiate the game to ensure the following:
  - i. Play is re-started in an expedited manner
  - ii. Infractions, if any, are briefly explained to the player
  - iii. Injuries are promptly acknowledged and handled
  - iv. Substitution process is efficient
- b. The coaches should achieve this by maintaining a position along the sidelines or end-lines that also enables them to introduce new balls into play

#### **7) PERIOD OF PLAY**

- a. The game should consist of two halves which are roughly twenty (20) minutes in duration
- b. A halftime break of approximately two minutes should be held. If weather is warmer, a longer break can be had, but should not exceed five (5) minutes

#### **8) CONCLUSION**

- a. The game shall conclude at the end of the one hour time period scheduled for the game
- b. If the game is delayed for a significant time, for any reason, the coaches should quickly caucus with parents about extending the time period. If agreed to extend, it should never be for more than ten (10) minutes
- c. It is expected that teams shake hands after the completion of the game

#### **9) SPECTATORS**

- a. Spectators shall view the game along the sideline of their child's team

## Modified Laws & Guidelines for U8

*Release Date: June 9, 2015*

### 1) THE FIELD

- a. Dimensions of the field shall be set up as follows
  - i. Length: 30 yards; Width: 25 yards
- b. Goals shall be placed at each end of the field
  - i. Suggested size: 4 ft. x 5 ft. Pugg or equivalent is acceptable.
- c. Markings shall be established by lines, and can be supplemented by placement of discs or small cones to create the proper field dimensions
  - i. If cones are used, coaches shall space cones approximately two yards (or 'paces') apart
    1. Should equal approximately fifteen (15) along each sideline
    2. Should equal approximately ten (8) along each end-line, including the goal
    3. If possible, designate the lines with discs, and corners with cones
    4. No center spot or circle is drawn, use coach's estimate
- d. Other line markings are not necessary to facilitate a U8 game

### 2) THE BALL

- a. Size 3 only
- b. Have multiple balls available for coaches to support quick re-starts

### 3) PLAYERS

- a. Maximum number of players on the field at one time from one team: four (4)
  - i. An exception should be made when both teams have fielded a minimum of ten (10) players for that game, in which case teams are allowed to play 5v5
- b. There are no set positions on the field, including no goalkeeper (GK)
- c. Players are properly equipped with shin guards, and shoes (cleats optional)
- d. The players should not be directed to occupy a specific 'position' on the field, such as 'Goalkeeper,' or 'Defense' and any practice of directing players to maintain positions which are intended specifically to prevent scoring ('standing in the goal') or create scoring ('stand in front of the other team's goal') is highly discouraged
  - i. Players naturally gravitating to these areas should be regularly encouraged to go to the ball and challenge the opposing team

### 4) SUBSTITUTIONS

- a. Substitutions should allow for balanced playing time throughout the players with players ideally playing approximately 50% of the game time

- b. It is recommended to develop a balanced rotation of your players and avoid tactical moves related to the 'game' or attempting to boost scoring. This approach is detrimental to the player development process and should be reserved for older ages.
- c. Recommended substitution range is 4-4.5 minutes, maximum 5 minutes. Exceptions should be made when the ball has gone out of play consistently and game flow wasn't established
  - i. The coaches should confirm the intent for this substitution pattern with the other coach and referee before the game starts
- d. Always substitute an injured player immediately
- e. General substitutions should be made in bulk so to allow coaches to facilitate the game
- f. It is recommended to develop a balanced rotation of your players and avoid tactical moves related to the 'game'

## 5) RE-STARTS

- a. Start of Game or Second Half of Game, After Goal Scored – Kickoff from center spot
  - i. If a center circle is not available, defending players should be approximately 3 yards from center spot
- b. Ball out of bounds
  - i. Sideline: Kick-in by opposing team
  - ii. End-line: Corner kick or Goal Kick
    - 1. Corner kick shall be placed less than one yard from corner cone
    - 2. Goal kick shall be taken approximately 1-2 yards from the end line
  - iii. Opposing players should remain approximately 3 yards from the spot of the re-start
- c. All other re-starts – Indirect kick or kick-in as determined by the referee
- d. Opposing players should be a minimum of three (3) yards back from the center spot when kick is taken and should not encroach before the ball is touched by the kicking team
- e. There should be no direct kicks or penalty shots

## 6) OFFICIATING

- a. The certified referee should collectively officiate the game to ensure the following:
  - i. Play is re-started in an expedited manner
  - ii. Infractions, if any, are briefly explained to the player
  - iii. Injuries are promptly acknowledged and handled
  - iv. Substitution process is efficient
- b. The coaching staff should support this by maintaining a position along the sidelines or end-lines that also enables them to introduce new balls for re-starts
- c. The rulings of the official are absolute and will be supported by the board of the Irondequoit Soccer Club

**7) PERIOD OF PLAY**

- a. The game should consist of two halves which are roughly twenty (20) minutes in duration
- b. A halftime break of approximately two minutes should be held. If weather is warmer, a longer break can be had, but should not exceed five (5) minutes

**8) CONCLUSION**

- a. The game shall conclude at the end of the one hour time period scheduled for the game
- b. If the game is delayed for a significant time, for any reason, the coaches should quickly caucus with parents about extending the time period. If agreed to extend, it should never be for more than ten (10) minutes

**9) SPECTATORS**

- a. Spectators shall view the game from the opposite side of the field as the players