

U6 Guidelines

This level of play introduces players to positions. Quarter times are also increased. Practices should incorporate these positions while continuing to build individual foot skills, team skills, and player conditioning.

- Positions are added to the U6 division
 - Forwards - may go anywhere on the field except in the goalie box
 - Fullbacks - are allowed to play anywhere on their teams side of the field up to the painted half field line, unless they have possession of the ball. Once they lose possession of the ball they must return back to their team's side of the field.
 - Goalie - remains in the goal box and protect their team's goal.

Players are to be rotated into different positions throughout the game.

Games

- Games will consist of (4) four (10) ten minute quarters with a short water break at the end of each quarter.
- Heading of the ball is not permitted in the U6 Division.
- Only (7) seven players per team may be on the field at the same time.
 - (3) Three Forwards
 - (3) Three Fullbacks
 - (1) One Goalie.
 - Each team must play a Goalie.
 - The Goalie remains in the goal box to protect their team's goal.
 - The goalie is protected by the goal box (aka safe box / goal area).
 - Once the ball goes into the goal box a player may not continue to advance towards the ball.
 - A Goalie must wear a different colored jersey than his / her team while playing the Goalie position.
- (1) One coach per team is permitted on the field to verbally assist players.

- A ball that has exited play shall be returned to play by a throw in.
 - At this level there is no forfeit of possession if the ball is not thrown in properly.

Please remember:

- The Coach is also the Ref in U6; Check your players for proper uniforms and safety equipment (shin guards and cleats).
- Frequent water breaks during practices and games are important.
- Parents and spectators should remain off the field during game play.
- HAVE FUN!!!

