



AYSO Region 111

5U/6U Guidelines

ACTIVITY DAY AT 6U

The 6U activity day consists of a 60-minute session: 20 -30 minutes of technical development and one game of four five-minute periods with a five-minute break.

FIELD OF PLAY:

Length (yards) - 25 to 35

Width (Yards) - 15 to 25

Goal Size Max Height/Max Width (Feet) 4 by 6

SIZE OF BALL

3

COACHES' TECHNICAL AREA:

Only the Coaches' may enter the field of play to coach, but let the players play. Remember, the players learn from trial and error. Only two coaches can coach on game day.

Goalkeeper:

No Goalkeeper at 5U/6U

No Goaltending (Don't have a player sit in the goal)

The Players:

Number: Five per team on the Field (5v5)

No Goalkeepers for 5U/6U (Do not have a player sit in the goal)

Recommended of 7 players on a roster

Substitutions: Between periods, at halftime and for injuries.

Playing Time: No player should play four periods until everyone has played three.

Teams: Separate girls and boys teams should be promoted at all levels of play.

Player Equipment:

Shoes and shin guards must be worn at all practices and games.

Shin guards must be covered by the socks. 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. **NO BASEBALL CLEATS.**



AYSO Region 111

5U/6U Guidelines

Note: No Earrings allowed, not even if they have a band aid covering them.

- Duration of Game:** Four 5-minute periods. Halftime break of 5 minutes. The mid time half (quarter breaks) is for quick water and substitution. The clock does not stop for the mid time substitution.
- Officials:** There is no need for fully qualified referees to manage 5U/6U games. One or both coaches should "officiate". The games are intended to be an opportunity for 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.
- The Start of Play:** The game should be started with a kick-off in the middle of the field. (No Goal Can be Scored Directly from the Kick-Off. Another Player must touch the ball before a goal is scored)
- The Coin Toss / Kick-off:** No Coin Toss at this level. The visiting team kicks off and the home team chooses the side to defend. After the Halftime, teams switch sides and the other team kicks off to start the second half. Opponents must be ten feet from the center mark until the ball is kicked. No Goal is scored from the kick-off. Another Player must touch the ball before a goal is scored.
- 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.
- Method of Scoring:** A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar.

Everyone Plays® | Balanced Teams | Open Registration
Positive Coaching | Good Sportsmanship | Player Development



AYSO Region 111

5U/6U Guidelines

Notes:

- 1) No Goal is scored from the kick-off (Another Player must touch the ball before a goal is scored)
- 2) No Goal is scored from a direct pass in (Another Player must touch the ball before a goal is scored)
- 3) No Goal is scored from a direct goal kick (Another Player must touch the ball before a goal is scored)
- 4) No goal is scored from your half of the field (Another Player must touch the ball before a goal is scored)

Fouls:

The opposing team must be at least ten feet from the ball when free kicks are taken in 5U/6U games.

Free Kicks:

All free kicks in 5U/6U are indirect kicks. Opponents must be at least ten feet from the ball or on the goal line between the goal posts during free kicks.

Offside:

No offside in 5U/6U. **Also, there is no cherry picking either.**

THROW-INS:

- 1) No throw-ins (throw-ins will begin at 9U)
- 2) Throw-ins are replaced with kick-ins (**NO dribble-ins at 5U/6U**). Opponents should be ten feet from the ball.
- 3) No goals can be scored on a direct kick-in. Another player must touch the ball before a goal is scored.

Goal Kick:

A goal kick is awarded to the opposing team, in 5U/6U and older, when the attacking team is last to touch the ball before it crosses the goal line but without scoring a goal. The goal kick may be taken from any point on the Goal Line and passed to a teammate. The opposing team must retreat toward the Half Line at the middle of the field from the ball when the goal kick is taken in 6U games. No goals can be scored from a goal kick



AYSO Region 111

5U/6U Guidelines

Corner Kick:

There are no Corner Kicks at this age level. If the ball is kick out of play across the goal line by the defending or attacking team, the restart is a goal kick. The opposing team must retreat toward the Half Line at the middle of the field from the ball when the goal kick is taken in 5U/6U games. No goals can be scored from a goal kick

Hand Ball:

A hand ball infraction occurs when a player handles the ball **DELIBERATELY**. The 'hand' includes the entire arm up to the top of the shoulder. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (ball striking hand or arm with no intent by the player) is not an offense and should not be penalized.

No Heading:

Consistent with the US Soccer mandates on heading the ball, heading is banned for all division 11U (12U and below for programs without single age divisions) and below in both practices and matches. An indirect free kick will be awarded to the opposing team if a player deliberately touches the ball with his/her head during a match (taken where the player touched the ball with his/her head).