

UNDER 6 (4 V 4) GAME RULES AND FORMAT

1. FIELD OF PLAY

- U6 plays with 6' PUGG goals
- Approximate field dimensions: width = 27 yards, length = 35 yards.
- Goal area: arc within 5 foot radius from center of goal (players are not allowed in the goal area arc).
- Markings: half line, center spot, 4 corner arcs, sidelines and goal lines, goal area.

2. THE BALL

- Size 3 ball.
- Ball should be slightly soft to encourage contact with body.
- Game ball provided by Home team.

3. NUMBER OF PLAYERS

- 4 players from each team on the field (4 field players and no goalies).
- Home team is the first team listed on game schedule.
- Unlimited substitutions allowed when play is stopped.

4. PLAYER'S EQUIPMENT

- Jersey with number, shorts, socks, shin guards (mandatory), soccer cleats (no metal cleats and no toe cleats).
- No rings, earrings (cannot put tape over them), bracelets, necklaces, jewelry, or hard hair clips. No casts or splints even if padded.
- In case of color conflict the Home team needs to wear training vests.
- Socks must be worn outside of the shin guards covering shin guard.

5. REFEREES

- One center referee will be assigned for this age group.
- Protect the players. This is their first duty.
- Enforces the rules and briefly explains rule violations to player.
- May change decision as long as play has not been restarted.
- Keep game time – ensure that games start and end on time.

6. DURATION OF THE GAME

- The game is to be divided into two 20-minute halves with a 5-minute half-time break. The game must end before the next game start time.

7. START OF PLAY

- Game starts with a kickoff at the center spot by the Home team. The team kicking off must be on their side of the half line. All defenders must be 6 yards from the ball and on their side of the half line.

- Second half starts with the visiting team taking the kickoff and the two teams have switched sides of the field.
- Kickoff cannot be taken until the referee blows the whistle.
- The ball on kickoff can go in any direction.
- The player taking the kickoff cannot touch the ball a second time until it is touched by another player.
- A goal cannot be scored directly from a kickoff; someone else must touch the ball before a goal is scored. Restart with a goal kick if ball is kicked directly into opponent's goal from a kickoff.

8. BALL IN AND OUT OF PLAY

- The ball is out of play when the whole ball crosses the outside edge of the touch line or the goal line, or the referee stops the game.
- The ball is in play at all other times; even if it bounces off the referee, corner flag, goal posts and crossbar, as long as it does not go out of play first.

9. METHOD OF SCORING

- A goal is scored when the ball goes completely over the goal line, between the goal posts and under the crossbar.
- A goal cannot be scored directly from a kickoff, throw in, goal kick, corner kick or free kick.

10. OFFSIDE

- The offside rule is not applied in this age division.

11. FOULS AND MISCONDUCT

All fouls will result in an *indirect free kick* with opponent 6 yards away. Referee should explain all infractions to the offending player.

Fouls – (The game is restarted with an *indirect free kick* at the spot of the foul):

- Intentionally heading the ball. No heading is permitted for players U12 and younger.
- Intentionally kicking or tripping an opponent or attempting to kick or trip an opponent (opponent does not need to fall down).
- Jumping at an opponent.
- Charging (running into) an opponent.
- Striking or attempting to strike an opponent.
- Pushing an opponent.
- When tackling an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
- Spitting at an opponent.
- Deliberately handling the ball with hand or arms (not to be called unless the player is trying to contact the ball).
- Dangerous play (for example: high kicking near an opponent's head; playing the ball while lying on the ground when an opponent is near; trying to head a low ball that an opponent is trying to play with their foot).

- Getting between a player and the ball when the ball is not within playing distance (obstruction).

12. FREE KICK

- Free kick is given when a player breaks a rule while the ball is in play causing the referee to stop the game.
- All free kicks are indirect – a goal may not be scored until the ball has been played or touched by a second player of either team.
- The kick is taken from the point of the foul, unless the foul was committed by a defending player within his own goal arc, in which case the kick is taken from the point on the goal arc nearest to where the foul was committed.

13. PENALTY KICKS

- NO penalty kicks are to be taken for this age group.

14. KICK-INS

Kick-in (takes the place of throw-in) is taken to restart play when the ball goes over the touch line.

- The team who last touches the ball before going out of bounds gives up a kick-in to the other team which becomes the restart team.
- A player from the restart team places the ball on the touch line where it went out.
- The ball must be still before it is restarted (kick-in).
- A reasonable buffer zone (3 yards), should be established between the defending team and the spot where the ball is placed for the kick-in.
- The ball must rotate forward for the kick-in to be good.
- A goal may not be scored directly from a kick-in.

15. GOAL KICK

During play, if the attacking team propels the ball over the opponent's goal line, but not into the goal, play stops. The Opposing team puts the ball back into play using a Goal Kick.

- Goal kick may be taken from any place on the goal arc and by any member of the team.
- *Attacking team must drop back into their own half until the goal kick is taken.*

16. CORNER KICK

If the defending team propels the ball over their goal line, but not into the goal, play stops. The opposing team puts the ball back into play using a Corner Kick.

- Kick taken from quarter-circle in corner area.
- Corner flag or cone cannot be moved.
- Ball is in play once it is kicked.
- Kick is taken from corner nearest the spot where the ball went out of play.
- All opponents must be at least 6 yards from the ball.
- Kicker cannot play ball again unless touched by another player (either team).

- A goal cannot be scored directly from a corner kick.

17. COMMON SENSE

- Do what is fair and right.
- No league standings are to be kept.
- Respect referee's decisions.
- Coaches and players are encouraged to shake hands with opponents after the game.