



U-6 Age Group

FORMAT:

- 4 v 4; no goalkeepers
- No heading the ball or slide tackling
- All free kicks are indirect
- Throw-ins used to restart play
- No referees provided; coaches fill the role

FIELD: (approximate)

- 35 x 25 yards
- 6' x 12' goals

GAME LENGTH:

- 4 equal quarters of 10 minutes in length
- 2 minute breaks between quarters
- 5 minute break during the halftime period
- Substitutions are allowed any time the ball is out of play

EQUIPMENT:

- Size 3 ball
- Shin guards are MANDATORY
- Tennis shoes or soft-cleat soccer shoes (not football style cleats)
Jewelry and casts (both hard and soft) are **not** permitted

EVERYONE plays a minimum of 50%; keep the game moving!