

6U Playing Rules

Field

- Field size: **60 ft × 90 ft**
- Center circle: **12 ft radius**
- Goal area: **20 ft × 8 ft**
- Goals: **4 ft × 5 ft**

Players & Spectators

- Teams stay on opposite sidelines.
- Spectators must stay behind the spectator line, never behind goals.
- Only registered players and background checked coaches may be inside the line.

Ball & Teams

- Ball size: Size 3
- Teams have up to 8 players total
- Play is 4 vs 4
- Must have 3 players to start

Game Format

- 4 quarters, each 10 minutes
- 2-min breaks between quarters
- 4-min halftime
- Every child must play at least 50% of the game
- Substitutions:
 - Only at beginning of each quarter or half.
 - During play only if a player is hurt or in duress.

Kick-Off & Restarts

- Coin flip decides who starts
- Switch sides at halftime
- All kicks are indirect (ball must touch another player before scoring)
- Defenders must stay 12 ft back on free kicks
- Restarts:
 - Sideline: Throw-in
 - Ball off defender's goal line: Corner kick
 - Ball off attacker's goal line: Goal kick

Fouls

Indirect free kick for:

- Kicking, tripping, or charging another player
- Holding or pushing
- Handball (protecting face/body is OK)

Sit-out for rest of game if:

- Fighting
- Foul or abusive language

Equipment

- Matching jerseys with numbers on the back
- Shin guards with socks over them

- No jewelry
- Soft-cleat soccer shoes or athletic shoes (no metal or toe cleats)

Officiating

- Coaches act as referees unless an official is present
- Coach/referee decisions are final
- May stop play for safety or weather

Other Important Rules

- No goalies — players may defend but cannot stand in the goal box unless playing the ball.
- 1 coach per team on the field during play (unless referee says otherwise)
- If a throw-in is done incorrectly, one retry is permitted, then play continues.
- This is a developmental league — fun and learning first!

