



U6 Rules – 4v4

Revised Fall 2026

U6 is a fun division; however, but it can be challenging for our coaches. Players in the U6 division should be learning how to properly kick a soccer ball (passing and “scoring”), they should be learning to keep the ball in play, and they should be learning to keep their arms down and hands to themselves.

Please do your best to give them a positive path forward by teaching them what the penalties are, without enforcing free kicks and penalty kicks. Players should also learn to respond to a coach’s whistle and begin learning to spread out.

Coaches are the teachers, the referees, and the game managers for U6. Remember that this is the first division in our league where players learn how to play a structured game of soccer. Work together with opposing coaches to create a fun environment that is more focused on learning and not competition.

Law 1: Field of Play (in yards, adjusted to availability)

- 15-20 yds X 20-30 yds; approximate
- Approximately equal to the U14 Penalty Area

Law 2: The Ball

- Size 3 Soccer Ball

Law 3: Duration of Game/Session

- A match is divided into two equal halves of 20 minutes, with a 5-minute half-time.

Law 4: Number of Players

- 4v4: 3 players plus a goalkeeper per side
- **All players should have equal playing time**
 - o Exceptions to the Law:
 1. A player arrives late
 2. A player becomes injured
 3. A player is not wearing proper soccer equipment (see Law 5)
- Substitutions are welcome only when play is stopped.

Law 5: Player Equipment

Players must wear:

- Soccer cleats or tennis shoes
- Shin guards
- Socks (completely covering shin guards)
- Shirt
- Shorts

- **NO JEWELRY** (of any kind, unless medical alert taped to body)
- **NO RIGID CASTS** allowed (soft casts permitted)
- **NO HATS** (hoods must be tucked into the jerseys)

Law 6: Referee

- U6 does not use assigned referees. Coaches work together to manage the game in a fun but consistent manner. Only one coach should use a whistle to avoid confusion for players.
- Only **1** coach from each team may be on the **field** to assist players in keeping the ball in the area of play and to direct their team.
- One coach or parent can be off the field near the goal to help the goalkeeper (remember to assist the player, not distract them from the game)

Law 7: Start and restart of Play

- The ball starts at approximate center of the field, players on their own side of the half, and a coach blows whistle to signal start of play.
- The player taking kick-off may only kick the ball once and may not touch the ball again until another player touches the ball.

Law 8: Ball in and out of Play

- Ball is out of play when it **COMPLETELY crosses** the touch line or the goal line

Law 9: Method of Scoring

- Ball must completely cross the goal line between the goal posts for a goal to count

Law 10: Offside

- Offsides is not enforced in U6.
- Coaches are encouraged to teach players to avoid “cherry-picking” or standing near the opposing goal when play is on the other side of the field.

Law 11: Fouls and Misconduct

- There **are** fouls in U6; within reason. A child bouncing off or in the way of another player has not been fouled just because they've fallen to the ground or have been kicked in the leg.
- As coaches serve as "referees" in U6, coaches should maintain a basic structured game but prioritize the learning experience over competition.
- **Parents should help their child's coach direct their players to keep their hands to themselves and to not be too aggressive on the field.**
- **There is no heading the ball allowed. Any ball that comes into contact with a player's head shall stop the play and be forfeited to the other team for a free kick.**

Law 12: Free Kicks

- All kicks are direct (goals can be scored from any kick).
- Opposing players must be at least 5 yards from the ball during a free kick.
- Free kicks are used to restart play after a foul (e.g. a non-keeper player picks up the ball, or a player intentionally knocks over another player).

Law 13: Penalty Kick

- There are **no penalty kicks** in U6, only free kicks (See Law 12).

Law 14: Throw-in

- U6 uses a "kick-in" instead of a throw in when the ball leaves play. The player should drop the ball on the sideline and kick it into play.

Law 15: Goal Kick

- Ball is placed approximately 3 yds (9 feet) from the goal line to restart
- A goal kick is awarded when the entire ball, having touched a player of the attacking team, passes over the goal line, either in the ground or in the air, outside of the goal.

Law 16: Corner Kick

- A corner kick is awarded when the entire ball, having last touched a defending player, passes over the goal line, either in the air or on the ground, outside of the goal area.
- A corner kick in U6 is a kick-in from the corner nearest to where the ball went out of play.

Law 17: Team & Spectator Location

The home team and away team will occupy opposite sides of the field. Home spectators should sit with their team and away spectators should sit with their team. Opposing teams are not permitted to sit on the same side of the field.

The home team will always occupy the east or north side of the field. Away teams should always occupy the west or south end of the field. Teams will always occupy the side of the field that contains the touch lines; no spectators may be behind the goals.