U6 CLINIC RULES AND REGULATIONS

1. Ball Size: Size 3

2. Number of Players

   ❖ Maximum of six players on the field at one time (6 vs. 6).

   ❖ There are no goalkeepers. All players are "field players." Positioning players in a solely defensive position (e.g. stationed in front of the goal) is not permitted.

   ❖ Substitutions allowed at any time during the games (i.e. "on the fly" without a stoppage of play).

   ❖ All children who are present should have equal playing time.

3. Officiating

   ❖ Knowledgeable parents, coaches, or assistants may serve as Game Monitors.

   ❖ Games Monitors briefly explain rule infractions to offending player.

   ❖ Game Monitors intervene as little as possible, allowing the game to flow.

   ❖ No uniformed referees. No whistles

4. Duration of the Game

   ❖ Games between two squads are two 20-minutes halves. The clock shall not be stopped for any reason.

   ❖ 5-minute break between halves.

5. Start and Restart of Play

   ❖ At the beginning of the game, the Game Monitor tosses a coin to determine which team kicks off. The other team chooses its half of the field.

   ❖ The ball is kicked off from the exact center of the field. All players must be in their own half of the field. Defending players must be at least 3 yards from the ball when it is kicked. On a kick-off the ball must travel forward.

   ❖ Play is considered to stop when the ball crosses completely over the goal line. the walls are in play.

   ❖ If the ball is out of play over the touch line, the team that last touched the ball loses possession. The other team puts the ball back into play with a kick-in (not a throw-in), which is classified as an indirect kick (i.e. a goal cannot be scored directly off a kick-in – it must first touch another player). The ball is placed on the touch line where it went out. The opposing team must be at least 3 yards from the ball when it is kicked in.

❖ If the ball is out of play over the goal line, the team that last touched the ball loses possession.

   i. If the attacking team gains possession, it puts the ball into play with a corner kick. Opponents must be 3 yards away when the ball is kicked.

   ii. If the defending team gains possession, it puts the ball into play with a goal kick. This kick may be taken from either goal-kick spot. Opponents must be at least 3 yards away when the ball is kicked

❖ When the ball is out of play because a goal was scored, the team that defended re-starts the game with a kick-off from the center of the field (see section 5).

❖ All players should play an equal amount of time.

❖ Coaches may be on the playing field to assist in giving directions to their players.

6. Method of Scoring

❖ When the attacking team kicks the ball completely across the goal line and between the goal posts, it scores a goal.

❖ No official score is kept.

7. Fouls and Misconduct

❖ Fouls are as follows:
     i. TRIPPING
     ii. VIOLENT PLAY (striking, kicking, pushing, abusive language)
     iii. HAND BALL (player uses hands or arms in a deliberate   attempt to   control the ball)
     iv. POOR SPORTSMANSHIP (including disruptive behavior, failure to retreat 3 yards from a free kick, excessive gloating after a goal, etc.)
     v. SLIDE TACKLING (Sliding with one or both feet over the ground to get possession of the ball is **not** allowed. Restart: indirect free kick.).
     vi. No headers. If a player takes a header it will result in an immediate foul with possession given to the other team.
     vii. Off sides: not called.

❖ If a foul is committed, the Game Monitor or Coach will briefly explain the infraction to the responsible player.

❖ A foul results in an indirect free kick for the team against which it was committed. A goal may not be scored on an indirect free kick until the ball has been touched by another player of either team. Opponents must be at least 3 yards from the ball when a free kick is taken. If the foul occurred within 3 yards of the offending player's goal, the indirect free kick is taken 3 yards from the goal.

8. One-Sided Games
❖ If one squad draws ahead by three goals or more, the team's coach or Game Monitor should use methods to reduce his/her team's scoring. This may include resting his/her most effective players and/or instructing certain players to remain in the defensive half.

- ❖ If one squad draws ahead by four goals, they will play with only two (2) players on the field. When the goal differential is reduced to three or less, the squad may again use three (3) field players.
- ❖ If one squad draws ahead by five or more goals, they will play with only one (5) player on the field. When the goal differential is reduced to four, the squad may again use two (6) field players.

The Role of the Game Monitor.

The Game Monitors play an important role in making small-sided soccer work. The most important job of the Game Monitor is to keep the game moving quickly. The vast majority of your actions will be re-starting the game after the ball has gone out of play or after a goal. Here are a few guidelines to follow:

- ❖ Quick kick-ins. Try to get the ball back in play quickly. Encourage the player kicking in the ball to do so quickly. One reason why kick-ins can take a long time is that all three players will want to take the kick-in. As your team's representative on the field, you get to pick who takes it. Talk with your coach about how to pick the kicker (e.g. strict rotation, whoever's closest, etc.).

- ❖ ***Positive Encouragement Try*** to encourage the players on the field (both on your team and the other) with lots of positive comments. It'll be hard to resist a little on-field coaching, and that's okay. But be sure to keep the comments positive.

- ❖ One-Sided Games If a game begins to become one-sided, then you should take action or, if the other team is dominating, ask the other Game Monitor to take action. Rule 8, above, is used to remedy one-sided games.

- ❖ Substitutions Get a parent on the sideline to keep track of the time and handle substitutions.

Have Fun! If the kids are having fun, then you're doing a great job. Maybe it's time to consider coaching