DUNELAND SOCCER CLUB

# **U-6 RULES**

**The Game**

* **Equipment -** useball size #3; gym shoes or soft cleats (no toe cleats) may be worn; all players must wear socks that cover their shin guards
* **Number of players** – 3 vs 3, no goalies. If a team has 7 players, there may be some periods where the teams play 4 vs 4.
* **Referees** – One Coach from each team is allowed on the field to act as referee and to help guide players. Coaches are there to guide, not interfere with the game.
* **Duration of Game** – Clock is to remain running through the game. Play four (4) quarters of ten (10) minutes each. Take one minute breaks between quarters and 5 minutes at half time. Finish your game within the allotted 60 minutes so that the next scheduled game can begin on time.
* **Playing Time** – All players are to play a minimum 50% of each game (even if players don’t make practice) and Coaches should attempt to give approximately equal time on the field. Don’t favor stronger players.
* **Game Start** – Teach the players that initial kick of ball from the center line should be sideways or forward, not backwards. Don’t restart more than twice if they aren’t successful. Teams will switch sides at half time.
* **Throw-ins** – When the ball goes out of bounds on the sidelines, restarts will be by “kick-ins” from the point where the ball went out. Older players may attempt throw-ins.
* **Goal Kicks** – For balls going over the goal line, a goal kick will be taken from the end line. Opponents must be at least 5 yards away from the ball.
* **Corner Kicks** – Opponents must be at least 5 yards away from the ball on corner kicks.
* **Rough Play** – Slide tackling, pushing, bumping and rough play are not allowed. Coaches must stop these actions immediately to avoid injury to a player.
* **Penalty Kicks** – There are no penalty kicks for fouls. All kicks to restart play will be indirect meaning that a player cannot kick the ball directly into the goal on a restart. Opponents must be 5 yards from the ball.
* **Heading** – There can be no intentional heading. Do not teach heading or allow this in a game.
* **Substitutions** – Substitutions can happen at stoppage or on the fly.
* **Game Cancellations** – If it becomes necessary to reschedule a game, the Coaches should work to agree on a new play date and time. Contact Mark O’Dell for available fields.

**Head Coach Responsibilities**

* Hold a parent meeting at your first practice. Communicate practice times and provide a snack schedule, game schedule and roster to all parents on their team. Determine how you will communicate through the season, e.g., text, phone, email.
* Identify an Assistant Coach who can run a practice or coach a game when the Head Coach is unavailable. Enlist other parents to help as needed.
* Help us maintain the fields and goals at Dogwood. Don’t let players climb in the nets or hang from the goals. Pick up all trash after the game.
* Manage the game! Work with the other Coach to keep the game fair and fun for all players. One team dominating the other can lead to bad feelings for the players and parents. Switch your line-ups, add or remove a player or require players to pass to reduce scoring for a dominant team.
* Remind parents to only provide positive comments. Parents should not coach from the sidelines and should not criticize the play of any child on either team! Contact one of the Board members if there is a problem with the behavior of a parent or another Coach.
* Assume you are playing unless you have talked to the other Coach and have agreed to cancel. The Club will notify the Coaches if the Dogwood fields are closed.

**REMINDER** – This is an instructional league with the purpose of introducing young players to the basics of soccer. The focus must not be on winning or losing but making sure the kids (and parents) have a fun and positive experience. Your goal as a Coach is to have all your players want to come back and play again next season.