

# BCYA Soccer

## U6 Rules for Play –FALL 2015

### MISSION

To provide a program which promotes the development of basic soccer skills and knowledge of the game, with an emphasis on sportsmanship and having fun (kids and parents).

### THE GAME

#### A) Teams:

Team size will range from 6 to 8 players, with 4 players on the field during the game. With this small-sided format, there will be **no** goalie, which increases the involvement of all players on the field during the game. If a team does not have enough to field 4 players, the opposing team will either reduce the number of players they field to match, or players can be shared between the two teams, so that the game can proceed.

#### B) Duration of the Game:

The game will consist of **four eight-minute quarters with a two-minute break** after quarters one (1) and three (3), and a five-minute halftime. The clock should not stop except for injuries and to restart the game after a goal is scored.

#### C) Field Dimensions:

The field shall be 90 feet long and 60 feet wide. The field shall be marked with sidelines, end lines and a midfield line, with a circle designating the center of the field with a radius of 10'.

#### D) Equipment:

Players must wear shin guards at all times during games and practice. The player's socks must cover shin guards. Soccer shoes are not required to play. Loose jewelry should be removed prior to entering the field. Players are encouraged to bring water bottles for practice and games.

#### E) The Ball:

A size **#3** ball shall be used for all games and practices.

#### F) Keeping Score:

Coaches and parents should de-emphasize keeping score and how many games are “won or lost” as much as possible. Redirect their attention to what they learned during each game.

## G) Field Rules:

Coaches and teams will sit on one side of the field the parents on the opposite side. The fields will be designed with designated player seating on benches. Keeping the children separated from the parents allows them to concentrate on the game and coach's instructions.

## **THE RULES**

### A) Start of Play:

The beginning of the game and each successive quarter starts with a kick-off from mid-field. Each team alternates the kick-off at the beginning of each quarter. The opposing team must remain ten (10) feet from the ball until it is kicked. This method of restart is also used when a goal is made. If play is stopped for any reason, restart the ball where play stopped, by the team who last had possession, with a free kick.

### B) Ball In and Out of Play:

The ball must completely cross a sideline or end line to be considered out of play. (For this age group, let play continue if the ball is within one (1) foot of the line and heading back into the field of play)

### C) Throw-in:

When the ball completely crosses the sideline, a throw-in is awarded to the team opposite that which touched the ball last. Throw-ins can be retaken with instruction from the coach if not done correctly the first time. The opposing team must stay ten (10) feet away from the thrower, until the ball is thrown. A proper throw-in is performed with the ball taken back behind the thrower's head with both hands, and both feet on the ground and out of the field of play when the ball is released.

### D) Goal Kick:

A goal kick is awarded to the defending team when the ball goes out over the end line and is last touched by the attacking team. The ball is placed anywhere within the arc in front of the goal, and kicked back into play. The opposing team must stay ten (10) feet away until the ball is kicked.

### E) Corner Kick:

A corner kick is awarded to the attacking team when the ball goes out over the end line and is last touched by the defending team. The ball is placed in the nearest corner of the field, and kicked back into play. The opposing team must stay ten (10) feet away until the ball is kicked.

F) Rough Play:

The coaches and parents should discourage rough play during practice and games. Any deliberate rough play exhibited by a player is grounds for temporary removal of the player from the game. Sliding on the ground to play the ball is prohibited at all times.

G) Substitutions:

Players may be substituted at any reasonable point in the game (When play stops for a throw-in, corner kick, goal kick, etc.)

H) No Hands, Please:

A handball is defined as “playing the ball with any part of the hand or arm”, which would be considered a foul. If the ball inadvertently strikes a player’s hand or arm, and no real advantage is gained, then let play continue.

I) Two-touch Rule:

A player cannot touch the ball twice in a row when putting the ball in play. You will see this called many times in youth soccer. It applies everywhere. You will see it frequently on kick-offs, corner kicks, or direct kicks. If a child barely hits the ball and decides to take another kick at the ball, that is a two-touch violation. This rule applies to throw-ins as well.

## **THE COACHES**

A) Equipment Check:

The coaches will be responsible for making sure all players are properly equipped with shin guards and uniform items prior to the start of the game.

B) During the Game:

One coach from each team will be on the field during the game to referee and help the players keep the game moving.

C) Time Keeping:

Time can be kept on the field by one of the coaches or by someone designated as the timekeeper on the sidelines.

## **PRACTICE**

### A) Individual Skills:

Work on skills such as proper kicking techniques, throw-ins, ball control and listening to the coach's whistle.

### B) Positions:

At this age, positions are hard to master for the kids. Instead, teach them to stay in front of the ball (Offense) or behind the ball (Defense), and to stay on the left or right side of the field.

### C) Duration:

Try to limit practice times to twice a week and approximately 45 minutes in length.

## **Game Snacks**

Please ask your parents to bring healthy snacks for the children after the games. We don't want to send the kid's home all energized on sugar.