

ARROWHEAD YOUTH SOCCER ASSOCIATION

U6 FALL LEAGUE RULES SUMMARY FOR COACHES



Overview

- Each player present must play a minimum of half of the game except in the case of injury or discipline.
- All teams must have adult supervision.
- All coaches must be registered with AYSA and have completed the background check and all required certification trainings.
- No tobacco use allowed at fields, in surrounding areas, or parking areas during AYSA activities.
- Parents are strongly encouraged to transport players in smoke-free vehicles.
- The coach is responsible for controlling the behavior of his/her team's players and fans.
- Four players on the field for each team, maximum of 8 players on the roster. Teams are coed. There are no goalkeepers in U6.
- Play four 10-minute quarters. Coaches can adjust this by mutual agreement, but the game must be complete at the start time of the next game (assuming there is another game on the field).
- There is no referee; coaches supervise the game. We encourage coaches to be on the field with the players to assist and encourage.
- Substitute "on the fly," meaning whenever it makes sense to coaches.
- Technically, teams are supposed to switch ends at half time. Coaches can mutually agree not to do that.
- Players can play for another U6 team in the same club if their team is not playing at the same time.

Game Cancellations

Game cancellations due to weather or field conditions will not be determined until 3:30 P.M. each day. For **coaches**, game cancellations will be announced on the AYSA Hotline. The AYSA Office Hotline number is **624-1713**. **This line is available to coaches and referees only.** On any day that games on any field are cancelled, there will be an announcement on the AYSA voice mail system after 3:30 P.M. If you do not hear a cancellation message on the voice mail, assume your game will be played. For players and parents, **game cancellations will be posted on the AYSA website after 3:30 P.M.** Please inform parents and players to check the website on days of doubtful weather. The website address is www.arrowheadsoccer.com. Be sure to check after 3:30 and to refresh the site to ensure you are getting up to date information. Because there are no referees at U6, coaches can mutually agree to cancel, even if the website or hotline message says games will be played. Remember, weather can change quickly, so coaches have the last word on cancellations.

Because technology can be inconsistent, we strongly recommend that coaches contact team families when games are cancelled. Please discourage parents and players from using the AYSA hotline. We have three incoming phone lines at AYSA, and the lines can fill quickly. Encourage your parents to check the website or wait for your call.

Lightning

Coaches should stop play if they see lightning. Coaches should also stop play if they hear threatening thunder. Players, coaches, and spectators should leave the field and move to their vehicles. Coaches can restart play if it appears that the lightning passed over the area, and if at least fifteen minutes has passed since the last appearance of lightning. Coaches should cancel the game if the weather is too hazardous for players and coaches to remain in vehicles at the site.

Heat and Water Breaks

Coaches should impose water breaks, shorten, or suspend games due to dangerously high heat. Teams with an inadequate number of substitutes may request and receive a two-minute running time water break in each half of a game. This request must be made prior to the start of the game.

Field Safety

Coaches should check the field for playability prior to games and practices. This includes ensuring that goals are anchored.

Team Colors

Coaches should check the uniform color of the opponent prior to the game. Home teams are responsible for wearing alternate colors.

Equipment

Both Home and Away teams should have a suitable size game ball available. Home team should provide the game ball. U6 uses a size 3 ball. Players cannot wear or use any equipment or clothing that would likely risk injury to others. **No jewelry, even if ears were just pierced!** All eyeglasses shall be secured by an elastic band or strap. A player will be allowed to wear a cast only if it is well padded and will not constitute a risk of injury to the player or others.

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U6 RULES AND HELPFUL INFORMATION



At this age level, coaches need to instruct players as to the basics of play and this guide provides some insights that may help the coach. Being active and on the field is very helpful for this age level. Games are the best place for players to learn the rules but also have fun. Keep the game moving and the players having fun while teaching some of the rules each game. Do not get caught up following the rules exactly if it keeps the players from running and enjoying the sport.

Length of Game: Play four 10-minute quarters. Coaches can adjust this by mutual agreement, but the game must be complete at the start time of the next game (assuming there is another game on the field).

Kick Off: The kickoff occurs at the center of the field at the beginning of each quarter and after a goal is scored. The only requirement is that the kicker cannot kick the ball again without someone else touching the ball. The next player to touch the ball can be a member of your team. Two common strategies are either your player kicks it as far down the field as possible typically to one side or the other or a short pass forward towards one of your other players.

Goal Kick: The ball is kicked from any point within the goal area by a player of the defending team. During goal kicks, opponents must remain in their defending half until the ball is in play. The ball is in play when it is kicked and moves forward. The kicker cannot play the ball again until it has touched another player.

Corner Kicks: If the defending team touches the ball before it goes out of bounds across the goal line then a corner kick is awarded to the offensive team. **Your players should remember that goal kicks are always done by the team who has the goalkeeper on that side and corner kicks are always taken by the team that has the goalkeeper on the other side of the field.** Any player on the offensive team can take the corner kick; and just like goal kicks, players this age have limited range as to how far they can kick the ball. In addition, once the corner kick is taken the player taking the kick cannot kick it again until another player has touched the ball.

Fouls and Free Kicks: When there is a foul, a coach may stop play and the team whose player has been fouled is allowed to take a free kick from the spot where the foul occurred. In U6 soccer, these kicks are always **indirect**, meaning that the ball must touch a player in order to count if it goes into the goal. **There are no penalty kicks in U6 soccer.**

Throw-Ins: A throw-in is awarded when the whole of the ball passes over the touchline, either on the ground or in the air. A goal cannot be scored directly from a throw-in. At the moment of delivering the ball, the thrower: Faces the field of play, has part of each foot either on the touch line or on the ground outside the touch line, uses both hands, delivers the ball from behind and over his head. The thrower may not touch the ball again until it has touched another player. Do not expect this to happen at U6. If the player gets the ball back into play, it is good enough.

Heading: No U6 players are allowed to deliberately head the ball in a game or in practice. If a header occurs in a game, stop play and have the opposing team take an indirect free kick from the spot the header occurred. If the header was not deliberate, you can continue playing. Most headers at this age are not deliberate but it is helpful to remind the players that heading the ball is not allowed at this age.

Substitutions: At this age level, you can make substitutions “on the fly” and any stoppage of play or whenever it makes sense to the coach.

Team Formations: At this age level, most teams have two defensive players and two offensive players. The two defenders start behind the two offensive players at a kickoff. Please discourage players from standing right in front of the goal acting as a goalkeeper. Have all players stay involved in the play even when it is at the other end of the field. Encourage defenders to move up if the ball is near the opponent’s goal and have the attackers drop back and help the defenders when the ball is close to your own goal. You may play any formation you choose but most teams keep the formations simple at this age and rotate the players between offensive and defensive positions.