

Athletico Center

Recreational Youth Soccer Rules U6–U8

Player Equipment

- Size 3 ball
- Uniform: team jersey, black shorts and team socks. Long-sleeved shirts, fleeces or sweatpants can be added, but must be worn UNDER the uniform, not over it, or players can't tell whose on their team.
- Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.
- Shinguards covered by socks are mandatory at both practices and games. Shinguards may NOT be worn over socks.
- **No jewelry may be worn for practices or games (this includes earrings)**, unless they are required religious or medical items. The official at the game must determine the safety of these items.

The Players

There will be either 4 players per team on the field and no goalkeepers. Substitutions can occur on the fly, at halftime, and for injuries. All players are required to play a minimum of half the game.

The Officials

U8:

Officials will be provided for U8 games. The Official should briefly explain any infringements to the player(s) and encourage proper play and sporting behavior. As with all games, every effort should be made to keep the game moving and free from stoppages for doubtful infractions. Let them play and enjoy.

U6:

Officials are not used for U6 games. One or both (one at a time) of the coaches should "officiate". The games are intended to be an opportunity for players to experience the fun of playing. The barest of minimum rules are needed and should be applied with a generous amount of flexibility. Let the players have the freedom to play with minimum interruption.

Assistant Referees/Club Linesmen

There are no Assistant Referees or Club Linesman.

Game Play

- Two 20-minute halves with a 2 minute break at halftime.
- The team listed first is the home team and will kick off. The visiting team decides which goal it will attack.
- Teams switch sides at half-time and the team that didn't kick off to start the game kicks off the second half.
- Stop for a brief substitution break when there's a stoppage (goal scored, ball goes out of play) roughly midway through each half. Afterward, resume the game where it was left off.

The Kick-Off

- All players, except the player taking the kick-off, must be in their own half of the field.
- While the kick-off is in progress, opponents must be 6 yards from the center mark, i.e. outside of the center circle.
- The ball is placed at the center mark. The ball is in play when it is kicked and clearly moves (in any direction).

Fouls and Misconduct

- The referee/coach will assess INDIRECT free kicks for all fouls, with the opponents 6 yards away from the ball.
- Headers are NOT allowed. If a ball is deliberately headed, the Referee stops play, explains the policy and awards an Indirect Free Kick to the other team.
- If the defending team commits a foul in their own goal area, take the free kick should from the goal line in front of the goal. There are no penalty kicks.
- The referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs.

Ball In and Out of Play

- The ball is out of play when it completely crosses the touch line (side line) or goal line (end line) either on the ground or in the air.
- As part of the US Soccer/AYSO Player Development Initiative, kick-in's or dribble-in's have replaced throw-in's. Goals may NOT be scored directly from a kick-in/dribble-in. It must first be touched by a team-mate
- In U6 games, the coaches will determine when the ball is out of play and should guide the restart, interfering as little as possible. It's the player's game, let them play and work on technique later.

Scoring

A goal is awarded when the ball completely crosses the goal line into the goal. Goals should be enthusiastically celebrated by everyone. Goals are not recorded to determine who wins.