



U4-U6 Guidelines

1. Paper Scissor Rock or Visitor calls coin toss.
2. Corner kicks and throw-ins are allowed.
3. Improper throw-ins will be allowed a second try.
4. U4-U6 throw-ins (You cannot score on direct throw in, ball must be touched by other players)
5. No goal keepers, and no permanent defenders. This means you can not park a kid in front of the goal or near the goal. (Defense needs to shift with play)
6. Goal Kicks, opposing team not in possession of the ball must back up to half field line. Once ball has been kicked/passed it is a live ball. (This is in order to help teams learn to play it from the back)
7. No jewelry, no exceptions.
8. Ball Size: 3
9. U4: 3v3 8-minute quarters (Coach on field)
U5 & U6: 4v4 8-minute quarters (No Coach on field)
2 Minute Break between quarters with a 5 Minute Halftime.
10. No headers.
11. Shin Guards are required.
12. Turf soccer shoes or soccer cleats only. No football & baseball cleats (extra toe cleat).
13. Spectators are there to spectate. Coaches should be the only voice of direction for the players.
14. No slide tackling.
15. Free kicks (Corner, goal, etc) opposing team must back away at least 5 yards