

# U-6 Guidelines

## Activity Day at U-6

The U-6 activity day consists of a 60-minute session: 35 minutes of technical development and one 25-minute game.

### **The Field:**

The recommended field size for U-6 games is 30 x 15 yards marked with lines or cones.

### **The Markings:**

Distinctive lines can be used but are not required. Field can be marked using 20 flat pro-cones to mark all four sides.

### **The Goals:**

Maximum four feet high and six feet wide OR four tall cones, two each set six feet apart.

### **The Ball:**

A size 3 ball is used for U-6 games.

### **The Players:**

There will be three per team on field; no goalkeepers. Five max on roster. Substitutions are between periods, at halftime and for injuries. The players will be separated by girls and boys teams at all levels of play. Only players should be allowed on the field, with the exception of a coach from each team who will manage the game.

### **Player Equipment:**

Shoes and shinguards, covered by the socks are mandatory at all practice and game activities. 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.

### **Duration of Game:**

Four five-minute periods. Half time break of 5 - 10 minutes.

### **The Start of Play:**

To start the first and second halves, and following each goal in all age group games, play is started or restarted with a kick-off in the center of the field. A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Following a goal, the team scored upon kicks off.

### **The Kickoff:**

The kickoff is taken from the center of the field with each team in their own half and the team not kicking off at least 5 yards from the ball. Do not insist the opponent be a minimum of precisely 5 yards from the ball as this is just a guide to give the kicker room to kick the ball without it immediately hitting an opponent. Remember, let them play and do not interfere for technicalities.

**Ball In and Out of Play:**

The ball is out of play in all age group games when it completely crosses the touch line (side line) or goal line (end line) either on the ground or in the air. In U-6 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.

**Fouls & Misconduct**

The coaches will assess direct free kicks for all fouls, with the opponents five yards away from the ball.

**Official:**

There is no need for fully qualified referees to manage U-6 games. One or both of the coaches should "officiate". The games are intended to be an opportunity for the very youngest of our 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.

**U-6 Jamboree**

The Jamboree is an alternative method of conducting the standard U-6 short-sided program. Following are guidelines for how to put together and run a Jamboree for your region.

**Organization:**

**Master Coach:** To run a jamboree, the first step is to find a "master coach." The master coach should be certified (at a minimum) as an AYSO Advanced Coach and Advanced Coach Instructor. The Regional Coach Administrator should work with the Regional Commissioner to determine the most qualified (and willing) instructor.

The master coach is in charge of the field! The purpose of the master coach is to guide new players through skills, activities and training games with the help of the parents, which will, in turn, ease the parents into learning how to coach.

Throughout this process, parents of each team will guide their team through the activities and games with the help and supervision of the master coach. The master coach should introduce and demonstrate each section first, then circulate to help the parents as they help the kids, giving all a positive learning experience.

**The Teams:**

Teams of five players on a roster should be formed before the season and have at least two parents per team who are willing to help on the weekend. Each player should receive a uniform, since it is part of the fun to get dressed up for "the big game" and having fun will make the kids want to come back.

(Alternatively, teams may be formed each week at the beginning of the session based on how many players arrive, dividing them equally and using pinnies instead of uniforms.)

**Session Schedule:**

Sessions should last one hour. Run as many sessions with as many players as is necessary throughout the day to have all players attend one session. (Example: 100 players = five sessions with 20 players [four teams] per session)

# U-8 Guidelines

## **The Field:**

The field size for U-8 games is 50 yards long, 25 yards wide (max).

## **The Markings:**

Distinctive lines recommended.

Halfway line the width of the field, marked equidistant between the goal lines. Center circle with an six-yard radius in the center of the field. Corner arcs with a one-yard radius at each corner of the field. Goal area in front of each goal measuring 6 x 12 yards.

## **The Goals:**

Maximum six feet high and six yards wide.

## **The Ball:**

A size 3 ball is used for U-8 games.

## **The Players:**

There will be Five per team on field; no goalkeepers. Seven maximum on roster.

Substitutions are between periods, at halftime and for injuries. The players will be separated by girls and boys teams at all levels of play. Playing time is a minimum of two periods per game and no player should play four periods until everyone has played three. Separate girls and boys teams should be promoted at all levels of play.

## **Player Equipment:**

Shoes and shinguards, covered by the socks are mandatory at all practice and game activities. 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.

## **Duration of Game:**

Four 10-minute periods. Halftime break of 5–10 minutes.

## **The Start of Play:**

The game should be started with a kick-off in the middle of the field.

## **The Kick-off:**

A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Opponents must be six yards from the center mark while kick-off is in progress.

## **Method of Scoring:**

See U-8 Coaching Manual.

**Fouls & Misconduct**

The coaches will assess direct free kicks for all fouls, with the opponents six yards away from the ball.

Direct free kicks for all fouls, with the opponents six yards away from the ball. Free kicks are awarded the attacking team inside the defending team's goal area should be taken from the nearest point on the goal area line in front of the goal. There are no penalty kicks. Referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs. Do not show yellow or red cards

**U-8 Officials:**

AYSO certified U-8 Officials or higher are required for U-8 games. The U-8 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.

**Assistant Referees/Club Linesmen:**

If available, qualified assistant referees who have completed Assistant Referee Certification may be used to assist the referee. This is an opportunity for new assistant referees to begin getting experience. If qualified assistant referees are not available, Club Linesmen (untrained volunteers who may be affiliated with one of the teams/clubs) may be recruited from the spectators to assist the referee with calling the ball in and out of play only. This is an opportunity for parents to get involved.

# U-10 Guidelines

## **The Field:**

The field size for U-10 games is 80 yards long, 40 yards wide (max).

## **The Markings:**

Distinctive lines recommended.

- **Halfway line** the width of the field, marked equidistant between the goal lines.
- **Center circle** with an eight-yard radius in the center of the field.
- **Corner arcs** with a one-yard radius at each corner of the field.
- **Goal area** in front of each goal measuring 6 x 15 yards.
- **Penalty area** in front of each goal measuring 14 x 30 yards.
- **Penalty mark** ten yards from the goal line.
- **Penalty arc** extending in a eight-yard radius from the penalty mark.

## **The Goals:**

Maximum seven feet high and seven yards wide..

## **The Ball:**

A size 4 ball is used for U-10 games.

## **The Players:**

There will be seven per team on field; one of which is a goalkeeper. Ten maximum on roster. Substitutions are between periods, at halftime and for injuries. There will be a minimum of two periods per game and no player should play four periods until everyone has played three. The players will be separated by girls and boys teams at all levels of play.

## **Player Equipment:**

Shoes and shinguards, covered by the socks are mandatory at all practice and game activities. 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.

## **Duration of Game:**

Four 12.5-minute periods. Halftime break of 5 -10 minutes.

## **The Start of Play:**

The game should be started with a kick-off in the middle of the field. Coaches determine which team starts the game with a coin flip and the opposing team starts the second half. Opponents must be eight yards from the center mark while kick-off is in progress.

## **Fouls & Misconduct**

Opponents must be eight yards from the ball on restart kicks. Referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs.

**Referee:**

AYSO certified Regional Referees or higher are required for U-10 and older games. The referee 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.

**Assistant Referees/Club Linesmen:**

If available, qualified assistant referees who have completed Assistant Referee Certification may be used to assist the referee. This is an opportunity for new assistant referees to begin getting experience. If qualified assistant referees are not available, Club Linesmen (untrained volunteers who may be affiliated with one of the teams/clubs) may be recruited from the spectators to assist the referee with calling the ball in and out of play only. This is an opportunity for parents to get involved.

# U-12 Guidelines

**The Field:**

The field size for U-12 games is 100 yds long and 50 yds wide (max).

**The Markings:**

No change from Laws of the Game.

**The Goals:**

No change from Laws of the Game.

**The Ball:**

A size 4 ball is used for U-12 games.

**The Players:**

There will be nine per team on field; one of which is a goalkeeper. 12 maximum on roster.

Substitutions are between periods, at halftime and for injuries. The players will be separated by girls and boys teams at all levels of play. Playing time is a minimum of two periods per game and no player should play four periods until everyone has played three. The teams will be separate girls and boys teams should be promoted at all levels of play.

**Player Equipment:**

Shoes and shinguards, covered by the socks are mandatory at all practice and game activities. Soft-cleated soccer shoes or tennis shoes.

**Duration of Game:**

Four 15-minute periods. Halftime break of 5 - 10 minutes. No other changes from play as specified in FIFA Laws of the Game Printed for the American Youth Soccer Organization.

**Referee:**

The referee must be a certified regional referee or above.