

## **U6 - 4v4 Standards of Play**

*Priority is to develop skills and abilities, work as a team, and have fun.*

- Ball size 3.
- 4 vs 4.
- 4 x 5 minute quarters with a 5 minute halftime.
- No goalkeepers.
- Shin guards are required.
- Kick offs, free kicks, throw-ins, goal kicks, and corner kicks are used to start or restart play.
- If used, all free kicks are indirect.
- Kick-ins are also acceptable as restarts when the ball has gone out over the sidelines.
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner.
- Opponents should be 10 feet away from the ball on all restarts.
- No penalty kicks.
- Substitutions are unlimited and can occur at any time.
- No offsides.
- No headers. If a player heads the ball in a game, whether deliberately or accidentally, an indirect free kick should be awarded to the opposing team from the spot of the offense.
- Score is not kept or recorded.
- Effort in providing equal playing time for all.
- Remember that safety and fun are the top priorities so make adjustments as needed to ensure both are being promoted.
- Together, coaches and parents are expected to create and promote a fun and safe environment for the players.