U6 Recreation Revised 2/2026

Law 1 - Law 1: The Field of Play – Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Min field size: 15 yds. wide X 25 yds. long
Max field size: 25 yds. wide X 35 yds. long
Goal size recommended: 4 ft. high x 6 ft. wide

Law 2 - Ball - The ball used at this age group is a size 3.

Law 3 - Number of Players and Team Size - A match is played by two teams, each consisting of not more than 4 players on the field and minimum of 2 players to start the game. There are NO GOALIE and their coach should make sure they are not standing/staying in the goal box. A maximum of 7 players per roster is permitted. Substitutions may be made at the quarter breaks, or in the case of injury and both teams may make a substitution. If a coach comes onto the field the injured player must come off the field and may be replaced by another player from the bench. Each player shall play 50% of the total playing time unless player refuses to play. Only two coaches allowed on the sideline with players. They must have a US Youth Soccer coach's card for the current season and approved laminated roster.

Law 4 - The Players Equipment - A player must not use equipment or wear anything which is dangerous to himself or another player, including jewelry. Tape over jewelry is not allowed, even if you just had your ears pierced. The basic equipment of a player is a jersey or shirt, shorts, socks, shoes, and shin guards. The socks must entirely cover the shin guard. If cleats are worn, they must not have a toe cleat, like a baseball cleat. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. No hoods or hats may be worn during the game due to the possibility of impairment of vision.

Law 5 – Referee – The referee may be certified or non-certified.

Law 6 – Linesmen/women- No linesperson is used at this age group.

Law 7 - The Duration of the Match:
To start the game the away team gets kick off and the home team picks the side to the field to defend.

- 8-minute quarters
- 2-minute break between quarters one and two/three and four
- 5-minute half-time between quarter two and three: MUST SWITCH SIDES

There is only a 5-minute grace period for tardiness. If your team is more than 5 minutes late, your team will forfeit that game.

Mercy Rule : When the score reaches a 10-goal lead (ex: 10-0, 13-3, etc) at half time, the game will be called but play will continue with no score kept. Score stops at half time. **The loosing coach must request to use the Mercy Rule**. There will no longer be adding or removing players based on score.

Law 8 - The Start and Restart of Play- A kick-off is a way of starting or restarting play. At the start of the match the visiting team will kick off to begin the match. The home team coach picks the side of the field they wish to defend first. All players are in their own half of the field. The opponents of the team taking the kick-off are at least 4 yards from the ball until it is in play. Once the ball is stationary on the center mark and the referee gives a signal it may then be kicked off. The teams will switch halves at halftime. Each team alternates by taking the kick-off at the beginning of each quarter. A goal cannot directly be scored from the kick-off. After a team scores a goal, the other team takes the kick-off.

U6 Recreation Revised 2/2026

Law 9) Ball in and out of Play-The ball is out of play once it has wholly crossed the goal line or touch line, whether on the ground or in the air and the referee has stopped play. The ball is in play at all other times. Including when it rebounds from a goal post, cross bar and stays in the field of play, or it rebounds from the referee when they are on the field of play.

Law 10) Method of Scoring-A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11) Offside-None is called at this age group.

Law 12) Fouls and Misconduct-The following fouls and misconduct are penalized: • Kicks or attempts to kick an opponent • Trips or attempts to trip an opponent • Jumps at an opponent • Charges an opponent • Strikes or attempts to strike an opponent • Pushes an opponent • Holds an opponent • Spits at an opponent • Handles the ball deliberately • Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball. All fouls shall result in an INDIRECT KICK. The Referee/Coach must explain all infringements to the offending player. No cards shown for misconduct. NO SLIDE TACKING- you can warn the child and then the coach but after that they must be removed and not allowed to finish the game.

Law 13) Free Kicks- All free kicks are Indirect, and opponents are at least 4 yards from the ball until it is in play. The ball must be stationary when the kick is taken. If the free kick is kicked directly into the opponents' goal a goal kick is awarded. If a free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

Law 14) Penalty Kick-None is used at this age group.

Law 15) The Throw In - A throw-in is a method of restarting play. A goal cannot be scored directly from a throw-in. A throw-in is awarded: • When the whole of the ball passes over the touch line, either on the ground or in the air • From the point where it crossed the touch line • To the opponents of the player who last touched the ball 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 touchline • Uses both hands • Delivers the ball from behind and over his head.

Law 16) The Goal Kick-The goal kick should be taken on the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. The opposing team is to return to their own half until the ball is played.

Law 17 - Corner Kick-A Corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air. Procedure: The ball is placed in the corner. Opponents stay at least 4 yards from the ball until it is in play. The ball is kicked by a player of the attacking team. The ball is in play when it is kicked and moves.