

Micro U6 Soccer Rules

There are two components to the micro soccer program, a practice component and a game play component. All sessions are structured to have a practice followed by a game. The total time allocated per session is 60 minutes: 20 minutes for warm-up/practice, followed by a 30 minute game. This will allow 5 min. between the warm-up/practice & game for a team cheer. This also allows 5 min. at the end of each game for field transition.

Balls:

Kitchener Soccer Club has provided each player with one size 3 ball. It is the responsibility of each player to bring their soccer ball to every game. The coach will choose one ball to be used as the game ball.

Players and parents, please ensure the ball is properly pumped up during the season. It is advised that every player have his/her name printed on the ball so it is not lost. KSC will replace any faulty ball.

Practice Session:

The practice session will be fun and informative! The purpose of practice is to provide kids with an introduction to the basic skills of the game in an enjoyable way. Coaches are encouraged to demonstrate the fundamental skills in soccer such as dribbling, passing, receiving and shooting, bearing in mind the age and physical capabilities of the team. Additional practice time between games is not encouraged at this age group.

Playing the Game:

The first rule in micro soccer is to have fun! Children do not need complicated rules, and elaborate instructions can be discouraging. The principal behind the session is to have everyone involved enjoy the game of soccer and wish to pursue the sport.

1. The field: The U6 division will play on a miniature sized field. Field dimensions will be 30 yards long by 20 yards wide. A 6 yard x 4 yard penalty area will also be marked as an area in which the goal keeper can use his/her hands. Orange pylons will be placed on each goal line, 9 feet apart, to mark the goal.
2. The Team: Each team has a maximum of 10 players. There are 5 players on the field at a time. In other words, 4 out players and one goalkeeper are on the field at once. All players should have the opportunity to play goal.
3. Substitutions: Players will be substituted on a regular basis, if there are sufficient substitutes. In addition, substitutions are performed in a manner that provides equal playing opportunity for all members.
4. Playing Time: Each session is 60 min. long consisting of a 20 min. warm-up/practice followed by a 30 min. game. All players are to receive equal & fair playing time.
5. Coaching: A maximum of two coaches/parents from each team are permitted on the field, but must stay in their own team's half and remain out of the penalty area. The coach or their designate will not be allowed into the penalty area, nor may they interfere with play.
6. Off-Sides: There are **no** off-sides in micro soccer.
7. Hand Ball: Outside of the penalty area, a hand ball will not be called, but coaches must remind players of the rule surrounding hand to ball contact. The one exception is that players cannot pick-up and handle or run with the ball.
8. Throw-Ins: This is an introductory year for throw-ins and strict ruling will not be enforced. All children will be given the opportunity to learn and advance with this new skill. If an improper throw-in is performed, the game will continue without repercussion.

9. Goalkeeper: The goalkeeper cannot handle the ball outside of the penalty area with their hands. If he/she does, an indirect free-kick will be awarded to the attacking team from the spot where the ball was handled. The goalkeeper is the only player allowed to pick up the ball in the penalty area. If another player, defender or attacker, handles the ball inside the penalty area, an indirect free kick is awarded to the opposing team. The ball is to be placed outside the penalty area, directly opposite the location where the offense occurred. **There are no penalty kicks in micro soccer. In addition, there are no direct free kicks in micro soccer.**
10. Penalty Area: The attacking team **MAY NOT** kick the ball inside the penalty area. Only the goalkeeper may play the ball inside the penalty area. If another player, defender or attacker handles the ball inside the penalty area, an indirect free kick is awarded to the opposing team. The ball is to be placed outside the penalty area line, directly opposite the location in which the offense occurred.
11. Goalkeeper Steps: Steps will **not** be called on the goalkeeper who may put the ball into play within the penalty area either by kicking (on the ground or in the air) or throwing the ball. The goalkeeper, in as many steps as needed, therefore, can run up to the line before releasing the ball.
12. Goals: A goal is scored when the entire ball has passed between the orange pylons and below the goal keeper's shoulders (when he/she is standing upright), provided it has not been handled or kicked by an attacking player in the penalty area.