

U6 & U7 LEAGUE RULES AND GUIDELINES



A. EQUIPMENT/FIELDS

1. Game Ball shall be a size 3 soccer ball provided to the coaches.
2. Goals will be 6' pop up goals provided by the field supervisor.
3. Fields are approximately 30 yards by 20 yards with a midfield line and a crease in front of each goal.

B. UNIFORMS

1. Team members are required to have the same color jersey.
2. Shin guards are required, cleats are encouraged. No metal spikes or baseball cleats are allowed.

C. PLAYERS

1. Games will be played 4 on 4 with **no goalies**. (The crease is meant to be a "no entry zone" for all players).
2. Every player must participate as equally as possible in every game.
3. Players will only be allowed to participate on a single team's roster.
4. Substitutions: will be allowed to enter at any stoppage.

D. COACHES

1. The coaches from each team will act as the on field officials. Coaches are expected to be role models and ensure that all players are having fun and good sportsmanship is being shown.
2. Coaches are required to play all players present as equally as possible unless special circumstances apply.

E. OFFICIALS

1. The coaches will act as the on-field officials.
2. The "Loose boundaries" rule will be in effect at all times.
3. The "New Ball method" will be used to manage the game. One coach is asked to roll out a "new ball" when the ball crosses the boundaries, or play is stopped for a foul or goal. The new ball is used to keep players engaged and moving.
4. When throwing out a new ball, roll the ball into open space away from the crowd or to a player not receiving much action.
5. Have one or two parents stand on the boundaries to help shag balls and get them back to the coach in charge of rolling out the "new ball."

F. TIMING RULES

1. Teams will play two 20-minute halves.

G. FOULS

1. Incidental fouls for pushing or tripping will not be called. Please discourage any intentional fouls and encourage good sportsmanship and fair play.

2. Incidental hand balls will not be called. Be sure to remind players that “no hands” are allowed, but keep the game moving as best as possible when hand balls occur.

H. REGULATIONS

1. Offside will not be called.
2. There will be no penalty kicks or direct free kicks. The “new ball” will be rolled out after any stoppage, foul or goal.
3. Parents must sit on the opposite side of the field from coaches and players.
4. Only coaches should coach/instruct players during the game.
5. Please keep in mind the players ages and abilities. The focus is to develop players in a fun, safe and educational environment.
6. Please respect the players and their development this season.

*Any rule not specified on this page will be taken from FC-Boulder U6 & U7 rules.