



Lincoln Parks & Recreation

6u Soccer Rules

Goals

1. Teach basic fundamentals of the game: dribbling, passing, and shooting skills.
2. Teach basic spatial awareness.
3. Everyone involved in the program have a positive experience.

Equipment

1. Field Size – 25 x 35 yards
2. Goal Size – 4 x 6 feet
3. Ball – Size 3
4. Jerseys, shorts, and socks will be given to the players to wear at the games.
5. No jewelry is allowed for safety purposes.
6. Shin guards must always be worn (under socks).
7. No metal cleats are allowed.
8. Referee will check both teams and their equipment prior to each game.

Basic Rules

1. Length of Game – Two (2) 20-minute halves with a 5-minute halftime.
2. Game Size – 5 v. 5 (No Goalkeeper)
3. Start and Restart of Play – Conform to FIFA, except for opponents of the team taking the kick-off are at least four (4) yards from the ball until it is in play.
4. Corner Kick – Conform to FIFA with the exception that opponents remain at least four (4) yards from the ball until it is in play.
5. Home team starts the game with the ball. Possession alternates at halftime.
6. Substitutions are allowed at any stoppage and are unlimited.
7. Halo-Arc: No player shall be allowed in the Halo-Arc at any time unless the ball is in this area. Penalties for this are indirect and will result in a free kick for the opposing team.
 - a. During corner kicks, players are not allowed in the Halo-Arc.
 - b. Offensive players do NOT have to be outside of the Halo-Arc to score a goal.
8. A kick-in or throw-in will be used when a ball goes out of play. (Opposing team must be 4 yards away). An improper throw-in can be retaken.
9. Goal Kick – The goal kick should be taken anywhere inside or on the “Halo-Arc”. Opposing players must back up to midfield for goal kicks.
10. Corner Kick – Conform to FIFA with the exception that opponents remain at least four (4) yards from the ball until it is in play.

11. No offside penalties.
12. No slide tackles. (Indirect free kick for the opposing team at the spot of the foul)
13. No penalty kicks.
14. No headers. (Indirect free kick for the opposing team at the spot of the foul)
15. No cards are shown for misconduct.
16. Teams will swap sides of the field at halftime.

Additional Rules

- All players and coaches should shake hands after each match.
- Parents/fans/spectators must stay 5 ft. away from the field during play.
- Spectator and team benches should be on opposite sides of the field. **NO ONE IS ALLOWED BEHIND GOALS!**
- Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.

Coaches/Managers

1. All coaches/managers must be registered and cleared to coach by Lincoln Parks and Recreation Staff.
2. You **MUST** always set a good example of **GOOD SPORTSMANSHIP** for all players and spectators.
3. Coaches will meet before the beginning each game to go over basic rules and cover any questions.
4. An Injured player **MUST** be attended to immediately.
5. Coaches are responsible for forwarding all practices, games and events to the players in a timely manner.
6. Remember to keep it simple. Every coach should be more concerned with the players learning how to play the game rather than who wins or loses.

Always use ENCOURAGEMENT AND ENTHUSIASM!