

## **CYSC 6U and 4U Division Rules**

**Equipment:** 4U and 6U uses a size 3 ball. Closed toed shoes are required and cleats are optional. Every player must wear shin guards in all games and practices. **NO JEWELRY** (including earrings, necklaces, bracelets, watches, etc).

**Teams:** Small sided games 5 v 5 NO GOALIE. The object is to allow players to touch the ball as often as possible and score goals. Practice time should be no more than 30 mins. Focus on not using hands.

**Duration of game:** 10 min quarters. A small break between each quarter with 5-10 min halftime. Teams switch sides of the field after the half. Be sure to sub players frequently when it is hot.

**Playing the game:** Kick offs, free kicks, throw-ins (Both Feet planted), goal kicks and corner kicks are used to start or restart play

Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner

If used, all free kicks are indirect

Opponents should be 10 feet away from the ball on all restarts. No penalty kicks. No offside

**Officiating:** There are no referees in this division. The coaches serve as referees and will be on the fields with the players (no parents on the fields). The game should flow with few interruptions. Except for severe fouls (kicking other players, picking up the ball or injuries) the game should continue. This is a learning opportunity for the players. Encourage good sportsmanship with both teams.

**Positions:** No goalies, We encourage coaches to line up players in defense and offense on kick off. We know that they will not stay in position during the game, but this introduces the players to the concept of positions. Please do not allow players to stand in front of the goal to act as goalie or to wait in position to score a goal.

This age group focuses on dribbling, passing and shooting the ball, no slide tackles or heading

Please clean up the field for the next group and encourage only positive comments from players, parents and fans.