



UUSC – Grassroots Recreational League Rules

U6-U8 Standards of Play

Why we use small fields?

U.S. Soccer felt our children were not good on the ball. We were not getting enough touches, we are not confident with a ball at our feet, and we don't play the game fast enough to be competitive in the older stages of development. If we want to produce a better soccer player we need to force better play through decreasing the field size and forcing players to play in tight spaces.

What are some benefits from small fields?

- Grassroots (u6/8) players cannot hide anymore and must be forced to get comfortable under pressure. This will also eliminate the portion of our culture that teaches athleticism and power over possession.
- Tight space requires better possession.
- Tight spaces create more touches on the ball and forces players to get better with their feet.

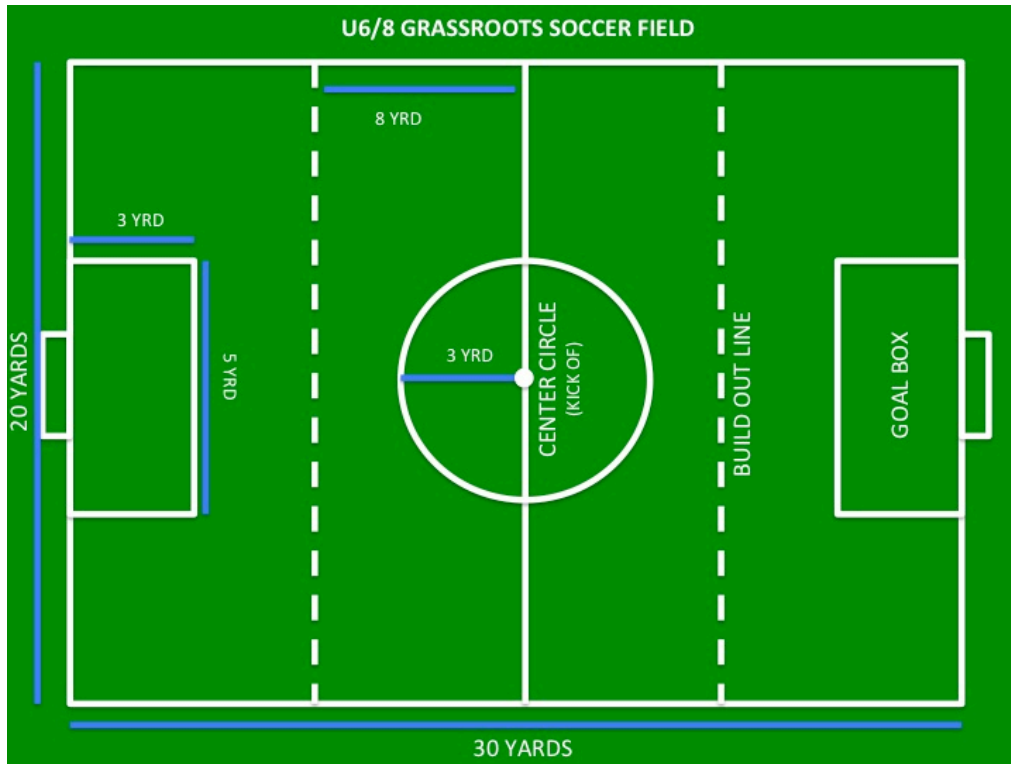
Confidence will increase as they adapt. Our players will be forced to work hard to keep the ball in possession, be forced to get technically skilled, and become more accustomed to getting out of pressure. A player cannot hide as much on a smaller field. He/she will be forced to be part of the game. Larger fields allow players who are not developing to "slip through the cracks". For example, a classroom of 35 students with varied educational skill levels. Some players get a lot of attention and some get largely ignored. The concept is, smaller area, everyone gets attention.

Futsal is a great example of a phenomenon of development. Countries use futsal as a development tool to create "technically proficient" players. They tend to have more technically skilled players with high levels of ball confidence and tremendous vision in the game. They are quick footed, can work out of pressure, see passing angles better, and want the ball at their feet. This is why we are using smaller field sizes. Our grassroots program is comparable to futsal.



FIFA Laws: Modified: Rules of the Game

Modified By Umpqua United Soccer Club for small-sided game use.



Field Size

30 yards (length)

20 yards (width)

Goals: No larger than 4 feet (height) x 6 feet (width)

Corner flags are not needed

*ALL SPECTATORS MUST SIT **2 YARDS** (6FT) OFF THE SIDE LINE

*TEAMS SIT ON THE OPPISITE SIDE OF THE PARENTS. NO OTHER PERSONNEL ARE ALLOWED TO BE WITH THE TEAM UNLESS THEY ARE A REGISTERED COACH OR MANAGER.

*No scores are kept.



Games Rules:

- **Ball Size:** #3

- **Players on the Field:**

- 4 v 4
- No **goalkeepers** or **players acting as goalkeepers**, standing solely in the front of the goal box is not permitted during play.
 - *Example: placing a player “defenders” to stand in the goal box to block shots for the duration of the game. All players must move and play the whole field.*

Overall concept (1ST ATTACKER AND 1ST DEFENDERS): First attacker is the player with or near the ball. First defender is the player closest to the ball.

- **Coaches:** U6 coaches can be on the field to help players.

- **Substitutions:** Unlimited and can occur at any time

- **Time:** 4 quarters, no more than 10 minute quarters; 2 minute breaks between quarters, 5 minute break at halftime.

Youth referees will referee games. Coaches are not required to ref games.

Law 4: Player Equipment

- Shin guards worn under the socks are mandatory.
- Cleats are recommended but not required.
 - No baseball cleats with a “toe cleat” or metal spikes are allowed.
- **Absolutely NO** jewelry is permitted during play.
- Tape over earrings is **permitted** only if the earrings cannot be removed. It is highly recommended that NO earrings can be worn.
- **Eyeglasses:** It is highly recommended that players do not wear glasses during the game. **ONLY prescription glasses** maybe worn during the game at the player’s own risk. Players are highly recommended to wear appropriate “sports glasses” during the play of the game.
- **SUNGLASSES & BALL CAPS ARE NOT AUTHORIZED.**

Start and Re-Start Games:

- **Kick offs:** At the center of the field. Players on the opposing team who are not executing the kick-off must line up on the outside of the kick off circle. Ball is not in play until the other team has moved the ball.
- **Free kicks:** Opposing players must be a minimum of **5 yards** from the spot of the foul.



- **Throw-ins/Kick-ins:** Players can restart play by using a throw-in or kick-in.

Throw-in:

- Face the field of play
- Have part of each foot on the touchline or on the ground outside the touchline
- Throw the ball with both hands from behind and over the head from the point where it left the field of play

Kick-in: Same procedure as stated above except the ball is passed with the foot.

All opponents must stand at least **2 yards** from the point at which the throw-in is taken.

The ball is in play when it enters the field of play. If the ball touches the ground before entering, the same team from the same position retakes the throw-in.

- **Goal kicks:** Ball is placed anywhere within the goal box. Opposing players must be at least 10 yards from the placement of the ball. Ball is in play once it has moved out side of the goal box.
- **Corner kicks:** Opposing team must be a minimum of **5 yards** from the placement of the ball

All free kicks are considered indirect kicks. Opponents should be must a minimum of **5 yards** away from the ball.

- No penalty kicks
- No offside

Together, coaches and parents are expected to create and promote a fun and safe environment for the players