

# Area 3-G Divisional Play Policies

## U6 Rules and Regulations

### Field Dimensions:

- Rectangle: 30 yards in length by 15 yards in width with only center midline with kickoff mark.
- Goals(2): Four feet high by 6 feet wide; popups or tall cones may be use

\*No field markings for area/corners/arcs/penalty shots\*

### Game Structure:

- 3v3 format, maximum roster 5
- Ball size 4 preferred; 3 allowed
- Single sex teams preferred; coed allowed
- No goalkeepers allowed
- No free Substitutions
- Two 10 minute halves with a 2-3 minute break for substitutions at the 5 minute mark of each half
- Half time will consist of a 5 minute break
- Alternate kickoff at center field after each official break
- No referees at this level(A coach from each team will officiate and manage game)

### Game Rules:

- Distance required for kickoff or kick-in is 5 yards.
- For corner and goal kicks, kick-in on goal line where ball left play.
- All free kicks are direct
- No offsides at this level
- Avoid calling penalties
- No penalties kicks
- Players should not be penalized for protecting themselves with their hands
- NO HEADING; it is not taught at this level, should be discouraged by on field coaches, if accidentally occurs athletes should not be penalized
- NO SLIDETACKLING; it is not taught at this level, should be discouraged by on field coaches, if accidentally occurs athletes should not be penalized
- NO HAND BALLS; should be discouraged by on field coaches, if accidentally occurs athletes should not be penalized

**\*\*\*Please refer to the AYSO U6 coaches manual (pg. 44-49) for syllabus of game component/ learning expectations for this level.\*\*\***

# Area 3-G Divisional Play Policies

## U8 Rules and Regulations

### Field Dimensions:

- Rectangle: 50 yards in length by 25 yards in width; center midline with kickoff mark and 6 radius circle.
- Goals(2): 6 feet high by 12 feet wide
- Goal areas(2): 6 yards deep and 12 yards wide with 4 corner arcs.

\*No field markings for penalty areas/arcs/shots\*

### Game Structure:

- 5v5 format, maximum roster 7
- Ball size 4
- Single sex teams preferred; coed allowed
- No goalkeepers allowed
- No free Substitutions
- Two 20 minute halves with a 2-3 minute break for substitutions at a normal stoppage of play around the midway point of each half.
- Normal restart on stoppage of play for break.
- Half time will consist of a 5 minute break
- Alternate kickoff to start each half

### Game Rules:

- A diagonal system of refereeing is recommended at this level
- Coaches will maintain their positions at each side line
- Distance required for kickoff or restart is 6 yards.
- For corner, goal kicks and throw-in on goal line where ball left play.
- All free kicks are direct
- Goal kicks anywhere in goal area.
- Corner kicks as per FIFA.
- No offsides at this level
- Penalties consist of a deliberate kick, trip, push, hold, handling and dangerous play(slide tackling)
- NO HEADING; it is not taught at this level, should be discouraged by on field coaches, if accidentally occurs athletes should not be penalized
- NO SLIDETACKLING; it is not taught at this level, should be discouraged by on field coaches; should also be penalized as a dangerous play or according to FIFA if more violent in nature

**\*\*\*Please refer to the AYSO U8 coaches manual (pg. 44-47) for syllabus of game component/ learning expectations for this level.\*\*\***

# Area 3-G Divisional Play Policies

## U10 Rules and Regulations

### Field Dimensions:

- Rectangle: 70 yards in length by 35 yards in width; center midline with kickoff mark and an 8 yard radius circle.
- Goals(2): 7 feet high by 21 feet wide
- Goal areas(2): 6 yards deep and 14 yards wide
- Penalty areas(2): 14 yards deep and 28 yards wide
- 4 corner arcs
- 2 penalty marks 10 yards from each goal line
- 2 penalty arcs with 8 yard radius from its penalty mark.

### Game Structure:

- 7v7 format(6 players and a goalkeeper) maximum roster 10
- Ball size 4
- Single sex teams preferred; coed allowed
- No free Substitutions
- Two 25 minute halves with a 2-3 minute break for substitutions at a normal stoppage of play around the midway point of each half.
- Normal restart on stoppage of play for break.
- Half time will consist of a 5 minute break
- Alternate kickoff to start each half

### Game Rules:

- A diagonal system of refereeing is recommended at this level
- Coaches will maintain their positions at each side line
- Distance required for kickoff or restart is 8 yards.
- All other FIFA rules as modified by AYSO are in effect
- Corner kicks as per FIFA.
- Penalties consist of a deliberate kick, trip, push, hold, handling and dangerous play(slide tackling)
- NO HEADING; it is not taught at this level, should be discouraged by on field coaches, if accidentally occurs athletes should not be penalized
- NO SLIDETACKLING; it is not taught at this level, should be discouraged by on field coaches; should also be penalized as a dangerous play

\*\*\* Remember: in the eyes of the official, was the violation of the law(S) deliberate?  
Cards may be used at this level, but should be handed out with a great amount of reluctance. Stern verbal warnings can be an excellent preventative as a preliminary step.\*\*\*

**\*\*\*Please refer to the AYSO U10 coaches manual (pg. 54-57) for syllabus of game component/ learning expectations for this level.\*\*\***