

6-a-side Info

Players per team: **6** (5 + GK) Game Duration: **2 x 14 mins** Ball size: **3/4**

Goalkeeper:

- ☞ Is allowed to pick up ball inside own Penalty area – (**passback rules apply for U10↑**)
- ☞ Must **roll or place-kick ball** (no kicking out of hands) within 6 seconds and **must bounce in own half** (6 seconds relaxed for U8)
- ☞ Opposition players to be **10 metres outside Penalty area**
- ☞ Ball is in play once it goes outside Penalty area and is touched by defender

Start of play & restart after goal:

- ☞ pass forward to a team mate from middle of halfway line
- ☞ all opposition players must be 10 metres away and in their own half
- ☞ ball must touch team-mate before goal can be scored

Ball crosses touchline:

- ☞ **no throw-ins** - **must kick-in/dribble-in**
- ☞ opposition players must be 5 metres away
- ☞ ball must touch team-mate before goal can be scored

Ball crosses goal line (outside goal) after last touching **attacker**:

- ☞ **goal kick** – anywhere inside Penalty Area
- ☞ ball must be kicked directly out of Penalty area and bounce in own half
- ☞ Ball is in play once it is outside Penalty Area and touched by another defender
- ☞ **opposition players to be 10 metres from Penalty area** - cannot move forward until ball is in play
- ☞ ball must touch team-mate before goal can be scored

Ball crosses goal line (outside goal) after last touching **defender**:

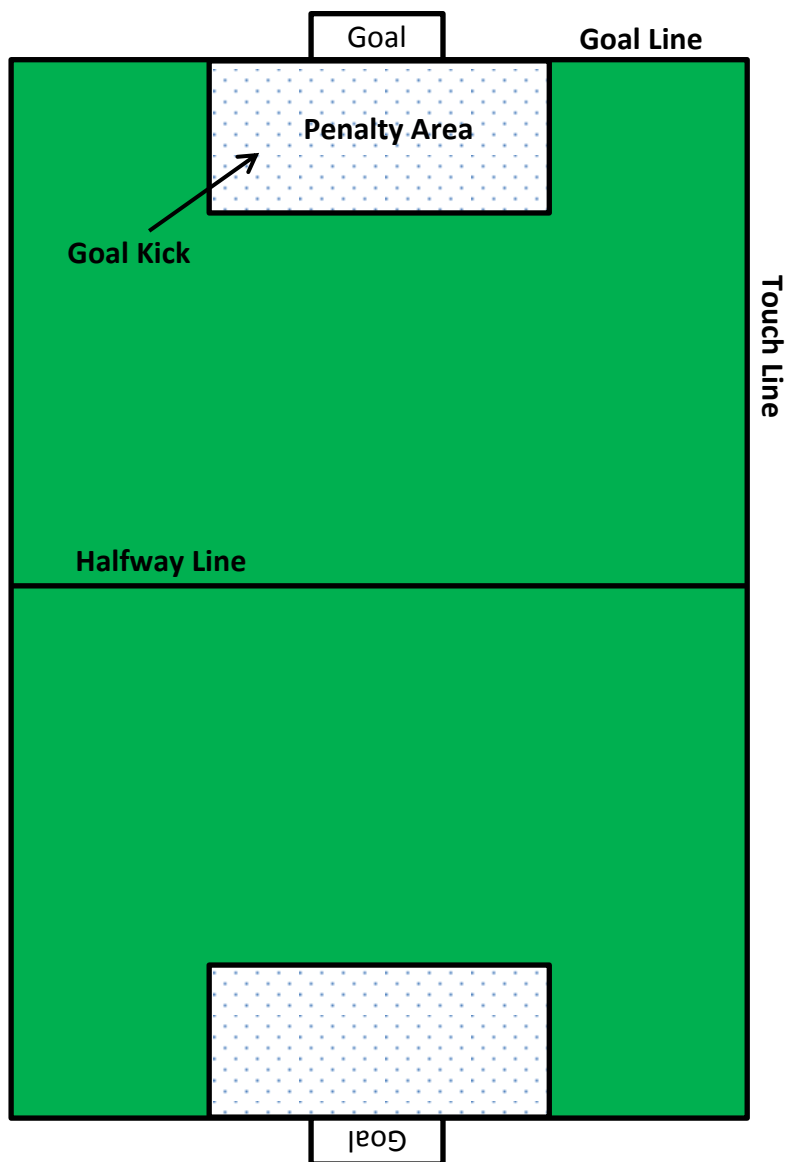
- ☞ **corner kick**
- ☞ must be kicked or passed directly into play (cannot touch ball consecutively)
- ☞ opposition players to be at least 5 metres away

Offside:

- ☞ there is **no offside in general play**, but **FAIR PLAY** rules apply

Advice to Game Leader/Referee:

- ☞ keep the game moving and limit stoppages
- ☞ encourage all children (U8) to have fun and rotate restarts between players
- ☞ discourage attackers from permanently standing in/near Penalty Area
- ☞ ensure all opposing players are back the required distance for restarts
- ☞ U8/U10s are encouraged to have a 2-1-2 formation
- ☞ Game times operate from central hooter – no stoppages
- ☞ Subs from halfway when not affecting play – no stoppages



Remember: Your team's game must start and finish within the allotted time slot. If you are late, the game time will be reduced to finish on time!!

The main objective of this competition is to promote game play, positioning and passing.