



U6 MODIFIED RULES

- Field of play approximately 20 by 30 yards
- Pugg goals
- Size 3 ball
- •4v4 (no goalies)
- Duration: Four, 8-minute quarters, 5-minute halftime, no added time
- Shin guards are required
- Substitutions are unlimited and can occur at any time
- No deliberating heading and punting
- Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
- Kick-ins and/or dribble-ins are also acceptable
- 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