

CVYSL Soccer Program for Players Under 6 Years Old June 2008

The CVYSL U-6 Program is a non-competitive recreational co-ed program. Games are played on Friday nights (6:00 p.m. – 7:00 pm).

There are two CVYSL groups of soccer clubs that constitute the U-6 program. A group that plays at the La Sierra Soccer field located near Engle and Garfield Avenues (Carmichael, La Sierra, Mission El Camino, and St. Johns soccer clubs) and a group that play at the Foothill Junior H.S. (Citrus Heights, Del Campo, Foothill Farms, and North Highlands/Antelope soccer clubs). The location of play may change in subsequent years if agreed upon by the group.

The program and game rules are as follows:

- U-6 teams will be registered with a maximum of 10 players on a team.
- Games are played with 5 players per side on the field: minimum number is 3.
- Each player plays equal amount of time, minimum of 50% throughout season.
- Playing time is 8-minute quarters with a 1 minute break between quarters and 5 minute break at half-time.
- Teams will switch sides at half-time.
- Restarts - when ball goes out-of-bounds, players will use over-head throw-in to restart play (no kick-ins). If ball goes over the end-line, ball is moved to the side-line for the throw-in. During the first part of playing seasons, players may redo the throw-in until done correctly.
- No direct kicks, penalty kicks or corner kicks.
- No Goal-keepers.
- Hand balls are called if flagrant.
- One Coach from each team will referee the game. In addition, one coach from each team will be on the side-line assisting players. Coaches may assist players on the field.

Field of play:

- Field Dimension: A rectangle 40 yards long and x 30 yards wide.
- Field Markings: Orange cones will mark the 4 corners and a center-line at the sidelines. (Also, clubs use marking paint to mark corners of fields, half line, etc.)
- Goal Posts: 2 flags, 6 yards apart centered on the end lines.
- Soccer Ball: Soccer ball is size number 3.