



There is a general consensus among the technical coaching staff of national soccer associations around the world that small-sided soccer is best suited for teaching soccer to young children. Ottawa Soccer Club uses a small-sided format in which the number of players, field sizes and rules related to offsides, substitutions, heading, etc. all mature along with the player. OSC offers a recreational soccer experience, which should be fun and engaging for all players in all divisions.

## OSC U6 Game Format

1. **Number of Players:** 4 v. 4 with No goalie.
2. **Referee:** Coaches officiate/manage the game. Coaches are allowed to be on the field to help instruct their players. Players should have freedom to play with little interruptions; all infringements should be briefly explained to the players.
3. **Duration of the Match:** 7-minute quarters. Teams switch sides at half. Coaches may agree not to change sides. If coaches cannot agree on whether to switch sides, the general rule that sides will be switched will apply.
4. **Substitutions:** Unlimited substitutions can be made on the fly during the game or at any stoppage of play.
5. **Ball Out of Play:** The ball is in play until it completely crosses over a touchline (sideline) or goal line (end line).
  - a. *Sideline Out of Play* – If the ball crosses the sideline, the team that did not touch it last will pass the ball in. No throw-ins. The opposing players are to be at least 4 yards from the ball until it is kicked.
  - b. *Corner Kick* – Taken when a defender last touches the ball before it crosses the end line. The offense will kick the ball from the corner. The opposing players are to be at least 4 yards from the ball until it is kicked.
  - c. *Goal Kick* – Taken when the offense last touches the ball before it crosses the end line. The defense will kick the ball from about 1 yard in front of either goal post. The opposing players are to be at least 6 yards from the ball until it is kicked.
6. **Free Kicks:** Indirect free kicks will be rewarded for direct free kick offenses. No penalty kicks. The opposing players are to be at least 4 yards from the ball until it is kicked. Kick offs, corner kicks and goal kicks remain direct kicks.
7. **Heading:** No heading allowed.
8. **Offside:** No offside rule.
9. **Slide Tackling:** No slide tackling.
10. **Scores:** Game score is not kept or recorded. At the U6 level, the kids should be encouraged to learn fundamentals and have fun.
11. **Gear:** All players should wear soccer cleats with shin guards under socks. During cold weather a player can wear stocking caps, gloves and clothes under the uniform. No necklaces, ear rings or jewelry of any kind should be worn for safety reasons.
12. **Post-game:** Throw all trash in the nearest garbage container. If your team is the last to play on the field, ensure U6 goals are put away.
13. **3 Goal Rule:** To help keep games competitive and fun for all players, OSC limits goal scoring in certain situations for our U15 division and below. The “3 Goal Rule” applies in two parts: 1) Each player is limited to a maximum of 3 goals per game, and 2) while a team is up by 3 or more goals, any player from that team who has scored is ineligible to score again. If a goal is scored by a player who falls under the 3 Goal Rule, the result is a goal kick for the opposing team.
14. **Short Team Rule:** In cases where teams find themselves short players, coaches have three options...
  - a. If a team has at least the minimum number of players required, play on. The opposing coach may choose to play the same number of players, but this is not a requirement.
  - b. If coaches agree, share players. The opposing coach may choose to share specific players at his/her discretion, but this is not a requirement. Every player on the mixed team will wear a pinnie to distinguish it from the other team.
  - c. Forfeit.

Coaches may not...

- bring up or down players from other divisions.
- use players in the same division who are rostered on other teams (other than the opposing team in case #2 above).
- use players from outside the league.

The minimum players required to start/continue a match are 3 players per team.