

UNDER 6 3V3 GUIDELINES

(4) 8 minute quarters with 2 minute break between 1st and 2nd quarters with a 5-minute break for half time and another 2 minute break between 3rd and 4th quarters.

Substitutes can be made at the quarters or at any stoppage of play; throw-in; goal scored etc.

Time should be kept on the sidelines by a parent so the coaches can concentrate on instructing the players.

Only one coach from each team is allowed on the field at a time to instruct. Have a whistle with you to make calls (but don't get carried away, try to let them play!)

Home team is listed first on the schedule and kicks off first with teams alternating the kick off at each quarter and half time.

Throw-ins are done from the sidelines when ball goes out. Player throwing in ball may take two tries to do correctly (both hands over head and both feet on the ground).

Goal kicks (when ball goes out of bounds at the goal end by the attacking team) must be taken at the goal line and the ball must travel outside small goal –box. The player taking kick can only strike the ball once and can't touch the ball again until someone else touches the ball.

Balls out of bounds at goal end by defending team are put into play by the attacking team at the corner (corner-kick). Same as above for player taking corner kick.

Hand balls; if ball accidentally strikes a player's hand, no call is made. If player catches or purposely handles the ball then the other team gets a free kick. Players must move away from the player taking the free kick to give him room. The ball must touch a player before scoring.

There is no hitting, pulling or tripping. However at this age they do fall down a lot! So be a little lenient in this area.

There is no goalie at this age. You can have a defender but he cannot use his hands and he should not stand in front of the goal. The idea is to get the team to play together; pass; defend as a team etc.

There is no score kept. We want the kids (and parents) to enjoy the game and not emphasize just winning, but to support them and encourage them as they improve. At the end of the season all the Under 6 players receive an award for their effort.

Finally, Northwest Optimist wants this to be an enjoyable experience for all involved.

THANK YOU