

**REGINA WEST ZONE COMMUNITY SOCCER ASSOC. INC.****6U SOCCER RULES  
2025 Version  
(7 versus 7 Soccer)****Introduction:**

Regina West Zone Soccer Association has developed these soccer rules so as to best interpret the intent and spirit of the game of soccer while taking into account the obvious limitations of smaller fields of play and the age of the participants. The purpose of our league is for fun and exercise, not winning. The emphasis during games is on player safety and involvement. Although there are elements of competition, we strive for a balance with team work, personal development and enjoyment of the game.

**6 & U Age Group**

At the age of 5 to 6 years old, the game is changed to allow for more emphasis on skill development and adherence to rules that will allow the players to prepare for entry into the older age groups which uses referees to govern play and enforce rules.

The players are still expected to learn respect as part of the game, as well as more detailed actions, footwork, and general rules that make up the game of soccer.

While coaches are encouraged to try to advance their team as much as possible, it is important to remember that the players are still in early learning phases.

The key aspects to this age group are that the players:

- continue to learn to socialize properly
- understand the fundamentals of moving the ball, kicking skills, basic positioning, basic passing skills, introduction of goal tending, and throw-ins at the sidelines
- continue to practice the basics of fair play and good sporting behaviours
- learn to follow basic instruction
- learn to be part of a team
- have fun in a semi-structured game.

To this end, these rules are designed to advance the sport and infuse the need for respect on the field during any game ... towards officials, coaches, spectators, and the other players as well.

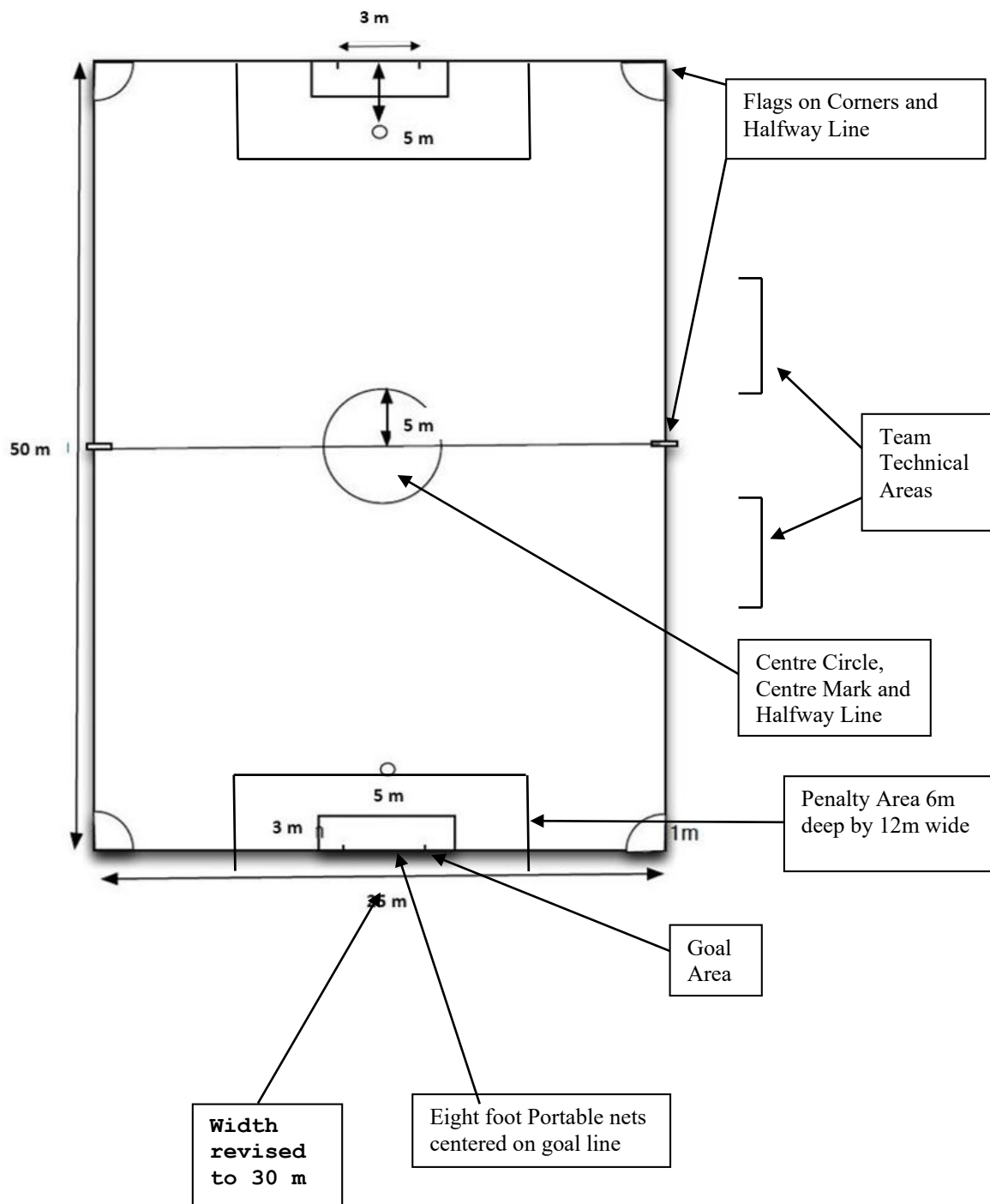
**Field Dimensions:**

The outside dimensions of the field are approximately 50 metres by 30 metres. The field sizes are dictated by the available City of Regina assigned fields.

The goals shall be approximately 3 metres wide. Marks are indicated on the goal lines for placement of flags to be used as goal posts (coaches should use the tallest flags for the goal posts). Coaches will place flags on the goal posts marks, the halfway line and on the corners of the field.

Technical Areas for teams will be marked on one side of the field.

The Penalty Mark will be set at 5 metres.



No coach, team official or player may enter the field of play or stand behind either goal while the game is on. Each team will confine themselves to the technical area on their half of the field. The two teams will be positioned on the same side of the field. Coaches and/or their assistants may move along the sidelines on their own half of the field to *talk to their players and to cheer on good play*. Coaches and their players are responsible for their team supporters which should be positioned on the opposite side of the field from the players.

### **The Players:**

The maximum number of players on the field for either team including the goalkeeper is 7. A team can play short handed but must have at least 5 players. The opposition can still play the maximum number of players.

**Only Registered WEST ZONE COMMUNITY SOCCER RECREATIONAL PLAYERS are allowed to play:** Each Team will only be allowed to field their league designated & assigned players.

### **Player Equipment**

The following rules are for player protection, it is up to all coaches to ensure that they are followed for every player at every game. A child violating any of these rules will not be allowed on the field of play.

1. **Cleats are not allowed at any time.**
2. Shinguards must be worn for all players on the field. NO mini-shinguards are allowed.
3. The issued WZSA T-shirt must be worn by all players during the game. Sweatpants are optional.
4. All cosmetic jewellery must be removed. Earrings are restricted to studs for newly pierced ears. If jewellery cannot be removed then it must be taped. No electronic devices such as Fitbits or watches are to be worn.
5. All non prescription glasses must be removed. (i.e. Sunglasses)
6. Goalkeepers must wear the coloured pinnie provided.
7. Players are not allowed to play wearing baseball hats, bandanas or other headwear unless for religious reasons. As per FIFA directives, religious headscarves, hijabs, turbans, patkas, or kaskis, or specialized medical headwear are allowed to be worn by players but they must be inspected by the coach before each game to ensure they are safe and do not pose a danger to the wearer or to other participants.
8. **Safety:** For player safety, players are not to chew gum, or have in their mouths any candy, sunflower seeds, or other materials. These materials present a choking hazard. Mouth guards are allowed to be worn as long as the devices cannot be swallowed.

No article of clothing that covers the neck such as a neck scarf will be allowed. In the case of cold weather the coach may allow players to wear toques or to have on hooded sweat shirts. Neck ties or laces on hoodies are not to be tied around the neck and are to be tucked into the clothing. In the case of cold weather the coach may allow players to wear light gloves.

### **Equal Play**

All players including the goalkeepers MUST be afforded equal playing time unless a player is sick or injured. Players should be encouraged to play all positions so they learn and experience the game fully.

### **Referees:**

Each team is to assign a coach, parent, or guardian to act as referee for the game. Each referee will have jurisdiction in the half of the field that is being defended by their team. There is no need for them to cross centre field. If a referee makes a call in his jurisdiction, that call must be honoured. Another referee on the field cannot overrule the call (but at a stoppage in play the two referees should discuss the game situation to aid in consistency of calls).

*The referee should explain any infraction to the offending player* to ensure he understands the rule. Referees can also praise and encourage players on *BOTH* teams and even suggest simple play strategies.

**Bad Weather (Rain and Lightning):**

At all times coaches must put the safety of the children first. In the case of rain, if the grass becomes slippery or the field is at risk of extensive damage, the game should be suspended. This is a judgement call on the part of each coach. (The field is not suitable for play, if you step on the turf and moisture can be detected around your shoe).

In the case of lightning, the game will be suspended immediately upon the 1<sup>st</sup> sighting.

**Duration of the Game:**

The game timings will be a 10 minute warm-up and then 2 periods of 20 minutes each. There will be a 5 minute break at half time.

**The Game:**

1. The game ball will be a league issued ball appropriate in size for the age group (Size 3).
2. At the start of the game, there will be a coin toss. The team winning the coin toss shall have the option of choosing which end of the field it wants to defend to start the game. The team losing the toss kicks-off. The teams must change ends at the start of the second half (at the start of period 5).
3. Each period shall be started by a player kicking-off the ball from the centre mark, towards the opposing goal. The ball is in play once it has been kicked in any direction. The team that did not kickoff to start the game will take the kickoff to start the second half.
4. Every player shall be on his own side of centre and the defenders must be outside the centre circle (at least 5 metres from the ball) until the ball has been put into play. Once a player kicks off he cannot touch the ball again until another player has touched the ball. *A team can score directly from a kick-off.*
5. The clock shall run for the duration of each period including all stoppages of play. One of the coaches or a designated parent shall act as timekeeper and can, at his discretion, allow extra playing time for time lost through accident or other cause. The coaches can suspend play and the game, at any time, for any infringement of the rules or other sufficient cause, such as bad weather or if the field is too wet.
6. PLAY SHOULD BE WHISTLED DEAD WHENEVER A PLAYER IS INJURED OR FALLS ON THE BALL AND IS IN DANGER OF BEING INJURED. Restart play with a placed ball, at the point the ball was whistled dead. As an act of good sporting behavior the ball is awarded to the team with the injured player.
7. Substitution is allowed at any stoppage in play (the ball going out of play, when a goal has been scored, or when play is stopped by the referee). An injured player can only be replaced during a stoppage in play and with the consent of the referee. Coaches shall make every effort to ensure all players play the same amount of time.
8. A goal is scored when the ball completely crosses the goal line between the goal posts and below the cross bar provided no rules of the game have been violated. After a goal has been scored, the team which was scored upon kicks off from centre.
9. The ball is out of play when it totally crosses the goal-line or touch line, or when the referee stops the game.

## **Offside:**

**The offside rule is not in effect for the 6 & Under age group because of the smaller playing surface** so no penalty will occur. However, players should be taught to avoid playing in an offside position.

Offside occurs when a player does not have at least two opposition players between himself and the opposing goal-line at the precise moment the ball is played forward by a member of his own team. In other words, the player is nearer the opponent's goal than the second last defender and the ball.

The offside rule exists in soccer to prevent "goal-hanging" or "cherry-picking" where attacking players just stand inside the opponent's penalty area waiting for the ball to come to them so they can kick the ball into the net even while the play is occurring at the other end of the field.

Cherry-picking is not allowed. If a goal is scored from a player who is cherry-picking the goal will be disallowed and the defending team will get the ball as a goal kick. Coaches should encourage their players to play to the spirit of the game and not engage in unsporting behaviour. If players are found to be "cherry-picking" they should be told to move out of the "offside" position by moving back to their own team half of the field and advance the ball through passing and ball handling towards the opponent's goal.

## **Offenses:**

**Fouls will be penalized by an indirect kick. In the event of a penalty the ball is awarded to the non-offending team at the point of infraction, unless the infraction occurred in the penalty area. If a defensive player commits any of these fouls in their penalty area then the opponents will be awarded a penalty kick. If the attacking player committed any of these fouls in the opponent's penalty area the ball will be awarded to the defending team at the point of infraction.**

Opponents must give five [5] metres distance on an indirect free kicks. The following fouls will be penalized:

- a. Deliberate handling of the ball by any player other than the goalkeeper, or by the goalkeeper outside of the penalty area;
- b. Sliding tackles, sliding kicks or bicycle kicks;
- c. Kicking, jumping at, tripping, holding, pushing, striking, or charging a player;
- d. Obstruction (i.e. intentional contact used to slow or stop an opposing player);
- e. Tackling an opponent to gain possession of the ball, making contact with the opponent before touching the ball;
- f. Spitting at an opponent;
- g. Serious foul play or violent conduct.

Use of abusive language and/or profanity **by a player will not be tolerated.** Offensive or insulting or abusive language and/or gestures will be penalized by the player being suspended for the remainder of the game.

## **Coach and Team Official Infractions:**

Coach and Team Officials are expected to be models of positive behaviour to their players and spectators.

Coaches and Team Officials may be disciplined by the League if he/she commits any of the following infringements:

- unsporting behaviour;
- encouraging a player to violate the Laws of the Game or attempting to create an unfair advantage for their players by behaviour that violates the Laws of the Game;
- failing to correct or control the behaviour of their players;
- failing to correct or control the behaviour of parents, spectators and team supporters;
- failing to give all players the opportunity to play equal time;
- violent conduct;
- spitting at an opponent or any other person;
- interfering with an opposing player by entering the field of play or obstructing them from the team bench area;
- using offensive, insulting or abusive language or gestures;

- disrespectfully addressing or intentionally making contact with another coach or team official;
- taunting or fighting.

Use of abusive language and/or profanity **by anyone will not be tolerated**. Offensive or insulting or abusive language and/or gestures will be penalized by the parent or coach being suspended for the remainder of the game.

### **Spectator Infractions:**

Regina West Zone Soccer Association *encourages good sporting behaviours and team spirit. Cheering and praise of players and their accomplishments are encouraged. Booing, taunting, harassment or any other negative activity is not tolerated.* Spectators, parents and team supporters are not to criticize players or adults acting as game officials at any time and shall encourage good sporting behaviours towards all.

Coaches are expected to deal with unruly spectators. The league will not tolerate coaches, spectators or other persons committing acts of misconduct, harassment, verbal abuse, foul language or abuse of the coaches or League Officials or any other participant. Coaches are expected to work together to resolve problems, warn offenders and if necessary to ask offenders to leave the vicinity of the playing area. If the offender persists in these actions the coaches will direct the game to be suspended. All instances of this sort must be reported to the league for further discipline.

### **Further Disciplinary Sanctions:**

Coaches and parents should report, in writing, to the League Disciplinary Committee, any misconduct by players, coaches, spectators or other persons which takes place on the playing area or within its vicinity at any time prior to, during, or after the game.

The League Discipline Committee will review all incidences of player, coach or spectator misconduct. If serious problems arise or repeated incidents of misconduct over the season occur, the League reserves the right to issue further sanctions against the offending individual or family, which may include suspension from further involvement in Regina West Zone activities or refusal to allow the family to take part in further soccer activity for the balance of the current year and the next soccer season. These sanctions will be communicated to other zone soccer associations to ensure City-wide compliance.

### **The Throw-In:**

When the ball goes out of play across a side line, it shall be thrown onto the field from the spot where it went out of play by a player from the team opposite to that of the player who last touched it. The player doing the *THROW-IN* must stand on or outside the sideline and *must keep both feet on the ground* when throwing the ball in. The thrower must *deliver the ball with both hands from behind and straight over the head without twisting the body*. The thrower cannot play the ball until it has been touched by another player. A goal cannot be scored directly from a throw-in. **NOTE:** If the ball is improperly thrown-in **one** re-throw re-take will be allowed. If still improper, then the other team will be given the ball to attempt a throw-in.

### **Goalkeeper and the Ball:**

The goalkeeper is the only player allowed to handle the ball with his hands on the field of play and then only within the *penalty area* (remember -- the penalty area includes the goal area). After handling the ball, the goal keeper can put the ball back into play by either throwing it or kicking it, but he is only allowed to hold the ball for **SIX SECONDS** and only within the penalty area, before putting the ball into play. Failure to comply will result in an INDIRECT free kick to the opposing team to be taken from the edge of the penalty area.

It is an INDIRECT KICK to the opposing team from the edge of the penalty area if a player tries to kick the ball out of the goalkeeper's hands. However, if the goalkeeper puts the ball on the ground outside the goal area, it becomes a free ball and any player on either team may kick it.

**Goal Area:**

In this age group we play with a DEAD goal area. No player is allowed in the goal area (the “crease”) when the ball is in play other than the goalkeeper. This includes stepping inside the goal area, or passing any part of the foot in the air above the goal area, or passing through the goal area, or making contact with the ball when the ball is wholly in the goal area. When this occurs play will be stopped and the ball is awarded to the goalkeeper for a Goal Kick.

If a defending player enters the goal area and a goal is scored, the goal is to be allowed.

If either team violates this rule (of no player in the crease except for the goalkeeper), the ball will be whistled dead. If the offence was caused by the defending team, the attacking team gets the ball as a corner kick from either corner. If the offense is caused by the attacking team the ball is given to the defending team as a goal kick.

**Penalty kick:**

For any foul by the defensive team in their penalty area, a penalty kick is awarded to the opposing team. The ball is placed on the penalty mark. The goal keeper must stand on their goal-line and cannot move their feet prior to the ball being kicked. The kicker is to be instructed that upon the whistle they may approach the ball and kick it towards goal. The remaining players from each team are to be outside of the penalty area and behind the ball. They should be instructed that if a goal is not scored the ball is live and any players may play the ball.

**Goal kick:**

A *Goal Kick* is awarded to the defending team when the attacking team puts the ball out of play across the goal line. A goal kick is also awarded when an attacking player enters the goal area. The ball is placed on the ground within the goal area. Although usually awarded to the goalkeeper, *ANY DEFENDING PLAYER CAN KICK THE BALL*. All attackers must stay outside the half-way line until the ball has been kicked. The ball is not live (back in play) until it crosses the penalty line. No attacking players are to enter the goalkeeper’s half of the field or play the ball until the ball has crossed the penalty line.

**Corner kick:**

A corner kick will be given if a player of the defending team touches the ball last before it goes over his own goal line. The corner kick is taken by a player of the attacking team from the corner nearest to where the ball went out of play. Until the ball is kicked all defenders must stay at least 5 metres from the ball.

**Tournament Rules which differ from League Play**

**Eligible Players** - Only players listed on the team rosters are allowed to play. Teams must have a team roster with them for each game.

**Equipment Check** - At the start of each game, the coaches have the right to check the other team’s equipment for eligibility.

**Bad Weather** - Discretion will be left to the Regina West Zone Soccer Association Executive and the coaches at the field, as to whether the game should be shortened. The Tournament Organizers will make all decisions regarding cancellation of games.

**Game Start Time** - All games will start at the scheduled time, unless held up due to an extended game (overtime or shootout). A parent or coach should go to the next field to advise the opposition coach. Otherwise, teams should be at the Field 15 minutes before game time.

**Team Not Ready to Start** - If a team is not ready to play at the scheduled time, one goal will be awarded to the opposition for each 5 minute delay or portion thereof. The time lost will be deducted from the playing time. After 15 minutes, the game is forfeited by the team without enough players or refuses to play.

**Overtime** - The Tournament instructions will outline the format to be used for all overtime periods. Normally overtime consists of two 5 minute halves, changing ends at half time with a 1 minute halftime break. Teams will play the full time during overtime. NO GOLDEN GOAL unless the League specifies.

**If The Game Is Still Tied** - Each coach will pick 5 players from their team – including at least two of each gender - to take penalty kicks (goalkeeper may be included). Coaches should record the shooters number and goals scored. Teams will alternate kicking. A coin toss can be used to decide who kicks first. Whichever team scores the most of 5 kicks wins. ***Shooting order for the shootout will be to alternate between the male & female players chosen.***

The goal keeper must stand on their goal-line and can move their feet prior to the ball being kicked. The goalie cannot move forward or backward, but may move sideways.

If still tied, one-for-one kicks will then be taken using the other players not picked above. ***Teams must alternate male & female players so that everyone has a chance to participate.***

NO PLAYER MAY TAKE MORE THAN ONE KICK, unless every player has taken one (including the first five). All players must remain on the field but away from the penalty area until the tie is broken. The team that scores on its round while the opposition misses - wins. If the game remains tied after all players have taken a penalty kick, then the kicking order starts again switching between the teams and alternating between male and female players. However, the kicking order of the players can change – the player who kicked first does not have to shoot first in the second round.





**DISPUTES ARE TO BE RESOLVED IN FAVOUR OF THE KIDS!**

Any complaints concerning the wording of the rules, actions of an opposing coach, intoxication of any coach or any other problems are to be submitted in writing and emailed to the West Zone Community Soccer Association within 4 days of the incident to allow the Board to take any necessary investigative action.

Concerns can be emailed through our website <http://www.rwzcsa.ca/> or sent to [info@rwzcsa.ca](mailto:info@rwzcsa.ca)

Complaints through social media will not be acknowledged. Contact us with your concerns so that they can be investigated and responded to. Please provide your full name and contact information so that we may contact you for further information or to respond to your concerns.

We recommend a 24-hour “cooling-off” period as the heat-of-the-moment may influence the tone and content of the conversation. Please be as constructive in your comments as possible. Remember that our goal is to contribute to the betterment of the soccer experience for everyone.



## THE CODE OF CONDUCT

All players, coaches, league officials, referees, parents and spectators must comply with the following code of conduct. Remember the goal of community soccer is to have fun, learn some soccer and team skills, and enjoy the soccer experience. All the coaches and league officials are volunteers.

We want the children and youth who take part in our league to play soccer in a positive atmosphere free from foul and abusive language, undue pressure, embarrassment, harassment, prejudice and violence.

Please help us to achieve this aim by abiding by this simple code: PLAY FAIR

- Do not violate the rules to gain an unfair advantage.
- Foul or abusive language from players, coaches, parents or spectators will not be tolerated.
- Violent or over-aggressive play will not be tolerated.
- Never dispute a referee's decision - they are seeing the action from a different angle than you are and they can make mistakes, just like anyone.
- The health and safety of players is paramount. Do not encourage players to continue playing if they are obviously injured or unwell. Do not encourage players to cause injury to other players.
- Coaches must give all of their players an equal amount of playing time. It's no fun being on the sideline.
- Coaches, parents and spectators are expected to let all players play without being screamed and shouted at from the sidelines.
- Encourage and applaud all players, not just those on your team.
- Demonstrate respect for team-mates, coaches, referees and league officials.
- Respect the facilities in which you play.
- Maintain self-control at all times – it is only a game!!
- Always attempt to contribute to the betterment of the soccer experience for everyone.
- Respect your opponents at all times. Players and teams should always be humble in victory and gracious in defeat. Do not run up the score against a weaker opponent.

### **REMEMBER!!!**

Your evaluation carries a great deal of weight with children. At the games, the attitude shown by parents and coaches towards your team and the opposing team will influence the child's values and behaviour in sports, and in life.

**CHEERING AND PRAISE IS ENCOURAGED! NEGATIVE CRITICISM SHOUTED FROM SIDELINES IS DISCOURAGED!**

Coaches, team officials and parents shall not criticize game officials at any time and shall encourage the same attitude amongst all players and fans.