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U5 Soccer Rules

**Game Format**

* Teams will begin with 25 minutes of practice time. Once the practices are complete the teams will participate in a game.
* All games will consist of (2) 10-minute halves with a 3-minute half time.
* Games will be played using a size 3 ball.
* All games will be played with 4 field players on each side. *NO GOALIES WILL BE USED FOR THIS AGE GROUP.*
* You may stop time at any point to substitute, each coach will have a whistle to be able to stop time
* All players are required to play at least 10 minutes over the course of the game.
* Score will not be kept.

**Role of Coaches**

* There are no referees; coaches are to explain to the players what they did wrong and what they should have done during the course of the game when infractions occur.
* Coaches flip a coin for kick-off possession. The opposing players must stay 4 yards away.
* Coaches will need whistles for stoppages and watches to keep game time.

**Rules of the Game**

* Throw-ins are with two feet planted side by side. The ball comes behind the players head before being released. If the throw in is incorrect game play will continue. Coaches please just try to correct as game continues.
* There are no penalty kicks. There are only direct kicks. The opposite team must stay 4 yards away which may result in a kick straight into the goal.
* Corner kicks will be taken from the corner closest to the ball going over the end line. No player may be within 4 yards of the kicker.
* Goal kicks should be taken within 2 yards of the goal line nearest the point where the ball is retrieved to keep the game moving.

**Equipment**

* All players must wear their team’s uniform for every game. Coaches will inspect their players before each game to ensure that shoes are tied and shin-guards are being properly worn beneath the socks and shirts are tucked into the shorts.
* Children must wear shin-guards,
* Mouthpieces are optional.
* Hard casts must be padded and inspected before the player is allowed to play.