

Rules for U5/ U6 Age Group

- 1. All parents & other spectators MUST** remain on the opposite side of the field, not on the bench, (near coaches) or around the bench, or behind the goals during games. Team bench is for players, coach & assistant coach only.
- 2. U5/U6** play four - 8 minute quarters; 2 minute water breaks, with a 5 minute halftime. One coach from each team remains on field during game. Coaches keep time.
- 3. U5/U6 DO NOT** play with goalkeepers or defenders. 4 v 4 encourages more ball touches for each player, so all players should be moving up & down the field according to ball movement. Coaches should not position a player in front of the goal throughout the game, that player is missing out on game play, & is acting as a defender, and should be learning game play.
- 4. No player** may touch the ball while in the arc in front of the goal; all shooting & defending must take place outside the arc. If the opposing team scores a goal while inside the arc, goal will not count & defending team will be awarded a goal kick. If the defending team defends a goal while inside the arc, the goal will be awarded to the opposing team.
- 5. Throw-ins** are taken from sidelines, where the ball was kicked out. If a team kicks the ball past the end line/ goal line (lines on both sides of the goal) by their goal, a corner kick is awarded to the opposing team. If a team kicks the ball past the end line/ goal line near opposing team's goal, opposing team is awarded a goal kick.
- 6. Goals** may not be scored directly from kick-off. Ball must be touched by at least one other player before goal is scored. Goals also may not be scored from a throw in, again the opposing team must touch the ball before the goal is scored.
- 7. Substitutions** should be made at natural game stoppages. ONE parent or assistant should stay on the bench to help with substitutions. Players should remain on the bench or field during the game.
- 8. All players** must wear uniform & shin guards during games. No jewelry is permitted. Also, parents must provide water for their children during the game.
- 9. All players** must be on the field for an EQUAL amount of time, ie, at least 50%
- 10. Teams with less than 4 players** to start the game may either play fewer players (and the opposing team will match) or the teams can share players to even out the numbers.
- 11. U5/U6 is a Developmental**, not competitive level of soccer. Emphasis is on player effort, not on the score. While we want the kids to try their best and win, we don't want "blow outs" that will discourage teams and new players either. In order to do that, we are instituting new rules:
 - If Team A is ahead by 4 points, Team B adds a player. (So the game is 5v4 now.)
 - If Team A gets ahead by 5 points, Team A removes a player. (So the game is 5v3 now.)
 - If Team A gets ahead by 6 points, Team B adds a player. (So the game is 6v3 now.)

If Team B begins scoring, then adjust players back to 5v3, 5v4 or 4v4 as necessary. Coaches should make EVERY effort for games to have no more than a 3-4 point difference. Coaches are also given the power to trade a strong player to a weaker team in a very unbalanced game. We want all the kids to have a chance at making plays and not to leave the field demoralized. If any game ends with a 5 or more point difference, please contact Meredith so we can make adjustments if needed. THERE IS NO MERCY RULE.

Coaches are encouraged to share these rules with their parents.