



## **Rules of the Game U5 / U6**

### **Ball Size:** 3

**Players:** 6 (sometimes 7) per team- 3v3 on field. No goalkeepers. Each player on the team will receive an equal amount of playing time during each game. A player should not play the entire game unless there are only 3 players present.

**Fouls:** Coaches will officiate all games. All fouls result in an indirect free kick with the opponent at least five yards away. All free kicks are indirect (meaning another player must touch the ball after it is kicked before a goal can be scored). If a player is consistently fouling or being dangerous, the coach needs to remove the player from the game and explain why their behavior is not acceptable.

**Duration of Games:** Games consist for four 8-minute quarters with two-minute breaks between quarters and a five-minute break at half time. Clock runs continuously during each quarter without stopping. Designate a parent to be the timekeeper. They can let you know the four-minute mark for substitutions at each quarter as well.

**Substitutions:** Substitutions can be made on any dead ball, but it is highly recommended that subs be made at the four-minute mark of each quarter. If all six team members attend, simply switch squads. If you have seven kids, assign a kid to be a “rover” each game, meaning that player plays from the 2-minute until the 6-minute mark of each quarter. Make sure they are subbing for a different player each time they enter the game.

**Throw-ins:** The ball is placed on the sideline nearest the point where it went out of bounds. The opposing team should be at least five yards away from the thrower. Encourage throwers to keep both feet on the ground and use two hands to bring the ball directly over their head. There is no penalty for incorrect throw, simply offer positive reinforcement for a correct one.

**Goal Kicks:** A goal kick is awarded when the ball is last touched by an offensive player and goes over the end line by the goal. The kick is taken from the goal line and the opposing team must be on the other side of the centerline when the kick is taken.

**Corner Kicks:** A corner kick is awarded when the defending team last touches the ball before it goes out of bounds over the goal line. The ball is placed in the closest corner and opposing players should be at least five yards away when the corner kick is taken.

**Kick-offs:** A kick-off will be taken from the center of the circle at the start of the game and after a goal is scored. The opposing team should be at least ten yards away from the centerline or outside of the circle.