

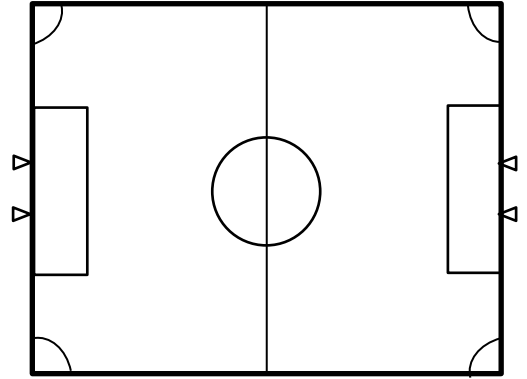
U5 Division Guidelines

The Field of Play

- Size: 25 yards x 20 yards
- Goal Area: 9 yards x 3 yards
- Goal Posts: Flags or cones, 10 feet apart

The Equipment

- **Ball:** Size 3. Each child should bring a ball to practices and games.
- **Shin Guards:** All players must wear shin guards. Soccer shoes are nice but not required. Tennis shoes are fine.



The “Rules”

Match Play: Matches are played 4 v 4 if each team has 5 players or 3 v 3 if either or both teams have 4 or fewer players.

There are NO goalkeepers.

Duration of Match: The match is divided into **four 7 minute quarters**, with 2 minute breaks between quarters and 5 minute break for half time. Each player SHALL play a minimum of 75% of the total playing time.

Referee: Coaches or parents may act as referees. All infringements shall be briefly explained to the offending player.

Fouls and Misconduct: All fouls shall result in a direct free kick (i.e., you can score from a free kick). Opponents must be at least four (4) yards from the ball until it is in play. There are no penalty kicks.

Throw in: The ball may be thrown in or kicked in (preferred) with the opponent four (4) yards away from the ball until it is in play.

Goal Kick: The goal kick should be anywhere within the goal area. Opposing players must be four (4) yards away from the ball until it is in play.

Corner Kick: Opponent remains at least four (4) yards from the ball until it is in play.

Score: U-5 Soccer does not keep score. **The main objective is to let the kids have fun!**

Additional Coaches Information

- In case of rain the coaches, **not the U5 coordinator**, make the decision to cancel and reschedule the game. Make sure you talk with your opposing coach.
- The key ideas the kids need to learn are to not use their hands and to kick the ball down the field through the correct goal.
- Coaches should develop a snack schedule. Snacks (e.g. juice box and treat) should be brought to each game for kids to enjoy after the game.
- Kids may get dirty and muddy. Dress accordingly!
- Don't be surprised if the children want to stay by their parents at first instead of playing. Encourage them to play!
- Coaches typically hold 2-4 practices before the season begins. Although no practices are generally scheduled during the season encourage your team to show up 15 – 20 minutes before the game to practice.