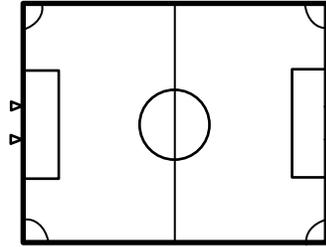


U5 Division Guidelines

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: One coaches or parent from each team act as the 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). Opposing players must be in their (defensive) half of the field 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 opposing players in their (defensive) half of the field at least 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 on their (defensive) half of the field.

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.
- 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.