



U5 / U6 SMALL SIDED RULES

Includes Under 5 for gender that has single age groups

Ball Size: Size 3 ball

Number of Players: The Maximum number of players on the field at one time is 3

Goalkeepers: None

Substitutions: At the quarter break and half time only. No free subs (exception = injury).

Length of Game: Four – 8 minute quarters (2 minutes break in between, 5 min half-time)

Playing Time: Each player shall play a minimum of 2 quarters.

Start / Restart of Play: A KICK OFF is a way of re-starting the play:

at the start of the game or after a goal has been scored

You cannot score directly from a kick-off (Modified from FIFA).

Opponents of the team taking the kick must be at least 4 yards away from the kick-off. The kicker may not touch the ball a 2nd time until it has touched another player.

Ball Out of Play: The ball is out of play when the whole of the ball has crossed the goal line or touch line, whether on the ground or in the air.

Off-Side: There is NO Off-Side.

Penalty Kicks: There are NO Penalty Kicks

Free Kicks: ALL free kicks are INDIRECT:

The kicker cannot touch the ball a second time until it has touched another player.

Remember a goal cannot be scored from an indirect free kick until it has touched another player other than the kicker.

Opponents must be 4 yards from the ball until it is in play.

Throw-ins:

- A goal cannot be scored directly from a throw in.
- A throw in is taken from the spot where the whole ball crossed the touch line.
- Both feet must be on the ground behind the line and the ball brought over the head
- A player is allowed a second chance to get the throw in correct.

*** In U5 players are allowed to inbound the ball using a kick instead of a throw.

Goal Kicks: are awarded when the whole of the ball, having 1st touched a player of the attacking team passes over the goal line. Opponents must be outside the goal area and at least 4 yards from the ball until it is kicked in play.

Corner Kicks: A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line. Opponents must be at least 4 yards from the ball when the corner kick is taken. The kicker may not touch the ball a 2nd time until touched by another player.

Team & Parents: Teams and coaches are allowed on the same side of the field to the parents. Coaches are allowed on the field during play to direct player action.