



Rules of the Game for U5-U8 Age Groups

1. Size 3 balls are to be used.
2. Number of Players: A match is played by two teams, each consisting of not more than four players per team on the field at one time.
3. No goalkeepers are allowed.
4. The score should not be kept and will not be recorded.
5. Shin guards are required with soccer socks covering them.
6. Proper soccer cleats or tennis shoes may be worn. No toe cleats allowed.
7. No jewelry may be worn on the field.
8. Heading the ball is not allowed.
9. Each player should play at least 50% of the game unless the player declines to play.
10. 4 - 10 minute quarters with 2 minutes between quarters and 5 minutes for half time.
11. Kickoffs
 - a. Are used for starting each quarter. The home team kicks off quarters 1 and 3, the away team kicks off quarters 2 and 4.
 - b. Should not be with the intent to score a goal, but rather to start the play of the game.
12. Unlimited substitutions, but only done on dead balls.
13. Goal kicks are to be taken at the end line and the opposing team must stand at the half-line.
14. Corner kicks should be taken in the general vicinity of the respective goal or corner.
15. NO offside.
16. Goal Box is the box in front of each goal. This is used as a guide and players cannot camp out in the goal box during gameplay.
17. All fouls are indirect kicks. Fouls committed by the defense on the attacking half will be taken at midfield, all other fouls are taken at the spot of the foul. The other team must be 10 feet away from the ball for the restart.
18. Fouls and Misconduct: If a child is being too rambunctious then the game official will ask the coach to make a substitution of that player to give that player a chance to calm down before returning to play.
19. Coaches and parents are expected to create and promote a fun and safe environment for the players. Remember this is about the kids having fun and developing a lifelong love of the sport.
20. All Teams are responsible for the clean-up of the fields after each game. Please do not leave garbage on the sidelines.

U5/U6 Specific Rules:

1. No Referees. Coaches are expected to manage the game.
2. Coaches are allowed to enter the field and help facilitate the restart of play and guide players to where they need to be. Though, they are encouraged to stay on the touchlines as much as possible to allow play to happen.
3. Throw-ins or kick-ins can be used to restart play from the sideline.
4. NO penalty kicks.

U8 Specific Rules:

1. Coaches must present rosters (paper or SportsEngine app) to referees before the game. If no roster is presented, the game will be rescheduled or forfeited.
2. Substitutions - Coaches must call for substitution on a dead ball to referee and wait for the referee to motion on the subs before sending subs onto the field.
3. If no Referee available:
 - a. Coaches must present the roster to the opposing team coach before the game.
 - b. Coaches are expected to manage the game from the touchline using game rules and their best judgment.
4. Throw-ins are to be used to restart play from the sideline.