

## U5 Simplified Rules

Ball: Size 3.

Coaching: Coaches are allowed on the field for the first 3 games of the season. Thereafter, the coaches are allowed to walk from goal line to goal line. Only one coach is allowed on each side of the field. A parent should serve as the referee unless one is scheduled for the game.

Number of Players: Maximum of 3V3 with NO GOAL KEEPERS. Players positioning themselves in front of the goal shall be encouraged by the coaches and referee to move forward. No player shall play four quarters until all players have played three quarters.

Substitution: Players must play the entire quarter. No player substitution during the quarter. If a player becomes injured during play and is not able to continue play for the quarter, the coach may substitute another player but the substituted player must play for the remainder of the quarter.

Time: Four 7:30-minute quarters with 5-minute breaks between each quarter.

Start of Game: Kick-off at the center circle. Coaches should determine which team kicks first. The opposing team starts the 2<sup>nd</sup> half. Opponents must be outside of the center circle on the kick-off.

Throw-Ins: Normal. Unlimited redo's on an improper throw-in (or any other re-start). All other players must be at least three yards away from the thrower.

Corner & Goal Kicks: NONE – When the ball leaves the field over the goal line, the ball is kicked into play by the opposite team at the point where it went out. If the ball goes out right next to the goal, the ball should be placed 5 feet from the goal. Non-kicking players from both teams must be at least three yards away from the kicker.

Offside or Penalty Kicks: Not called at this age level.

Fouls: The referee calls the following fouls by name: Pushing, Tripping, Kicking and Handball. All other fouls are dangerous play (including kicking at the ball when a player is on the ground). Direct Free Kicks only are to be used (no IFK). The referee should explain all infractions to the player (instructional aspect at this level).

Yellow & Red Cards: Yellow and Red cards SHOULD NOT be utilized at this level. A verbal consultation with the coach should be held if the referee believes a yellow or red card is warranted.

Balanced Teams Rule: If one team is up by 4 goals, that team must remove a player from the field. A one-player advantage is given for each additional goal as necessary. This must be done until the team that is down scores. The highest scoring players must be removed first regardless of the amount of playing time they have in the game. (The Balanced Teams Rule overrides the rule that all players must play at least 3 quarters).

Post-Game: The players and coaches must participate in the handshake ceremony after the game. Failure to participate and shake all players' and coaches' hands will result in a one-game suspension.