

Under 5 and Under 6 Rules

Under 5 and Under 6 is unique as the coach is on the field letting the players know what to do, which direction to go, etc.

They will be playing 4v4 or 5v5 depending on the flow of the game. The coaches will make this decision. In order to get everyone lots of playing time and keep coaches from going nuts, we will need to do the following:

Each teams' parents should sit on one side near each other. This will keep the resting player near the parent who is making the substitution and make it so that the resting player can sit near their parent. The coach will need a parent to make player substitutions every 2 to 3 minutes. We do not want anyone sitting longer than that unless the player just wants to sit. They play 4–7 minute quarters. Each team will need someone to manage the substitutions. Please help: talk with coach prior to the game. (This is not a high level of competition so you won't make a tactical mistake that will cost the team the championship of the world.)

Rules Summary:

1. When a player for Team A kicks the ball out of bounds over a side line, the opposing team is awarded a kick-in at the spot it crossed the line. Coach will designate the player taking the kick-in. Other players need to be about 5 steps away. ("Kick-ins" is a special U5 and U6 rule.)
2. When an attacking player for Team A kicks the ball over the end line of Team B then Team B is awarded a goal kick. The ball is placed on one of the corners of the goal box. The coach for Team B will designate who takes the kick. The players from Team A will have to go to their half of the field. They can go after the ball once the kick is taken. (Moving to the half is a special U5 and U6 rule.)
3. When a defending player for Team A kicks the ball over their end line, then Team B is awarded a corner kick. The ball is placed on the corner of the field on the same side the ball went out. The coach for Team B will designate who takes the kick.
4. At the beginning of the game, the coaches will decide who kicks off. The team that is not kicking off will need to be on their half of the field and outside the center circle. The team kicking off has to be on their side. The person kicking off cannot kick the ball again until someone else touches it. They cannot dribble the ball at kick off.
5. After a goal is scored it goes back to the middle of the field and the team who was scored against kicks off. Time keeper does not add time.
6. Teams will get a 1-2 minute water break at the end of each quarter. The players will switch sides at half-time.
7. At the end of the game the teams will line up facing each other and congratulate each other for making it to the end.
8. The only real fouls committed at this age are hand balls or someone pushing a player out of the way. Coach will blow whistle and stop play. The team that was fouled is awarded a kick at the point of the foul. Others have to be 5 steps away. Similar to the kick off, the coach designates a kicker. They must kick the ball to someone: the kicker cannot touch the ball again until someone else touches it.
9. ***Special new rule: There will be no intentional headers in U5-U6. Other team will be awarded an indirect kick from spot of header. (If in the goal box the ball is placed on the goal box line parallel to spot of infraction.)**