

## U5 Modified Rules

**WELCOME** we are thrilled to have you be apart of our spring/fall season.

The purpose of recreational soccer is to provide an opportunity for the participants to have fun, learn the sport and develop life skills including a lifelong love of the game.

Therefore:

- Access is open to all who desire to participate (The game for all kids)
- Emphasis is on active participation
- Objective is for the players to enjoy the experience
- Success and excellence are measured in players attracted and players retained
- Recreational soccer is all about fun, recreation, love of the game, and winning is not a measure of success.

### Rules of the game

**Game Ball:** size 3 - The smaller ball is lighter and more easily kicked, received, dribbled and passed. The Home Team is responsible for providing the game ball.

**The Number of Players: U5 = 3V3;** There are no goalkeepers in the U5 age groups. All players are involved in offensive play encouraging high scoring games. This will provide the opportunity for the children to further develop their running, jumping and kicking coordination. These are valuable traits for all soccer players to develop. The smaller number of players takes into account the egocentrism of this age group and therefore allows each child more opportunities for kicking and dribbling the ball. With fewer players on the field each child has an increased number of contacts with the ball and has more actual playing time. Additionally the players will be required to make more decisions and experience repeating game situations frequently. The work rate and involvement of players will be more consistent.

**The Duration of the Match:** The match shall be divided into four (4) equal, eight (8) minute quarters. There shall be two (2) minute break between quarters one and two and another two (2) minute break between quarters three and four. There shall be a half-time interval of five (5) minutes.

**Substitutions:** The quarters are an ideal time for substitutions. Substitutions can also be made at any stoppage of play and is unlimited.

**Throw ins:** A throw in is taken when the ball crosses a sideline and leaves the field. The two basic soccer rules for a proper throw-in are to have both feet on the ground and to throw the ball with both hands over the head. To clarify, both feet must be on the ground **when the ball is thrown**. The player can hop, run, or do cartwheels up to the point where the ball is released but not *when* the ball is released. Dragging the toes of one foot is considered legal. At this age the coach will allow to take more than 1 attempt.

**Offside/ Penalty kicks:** there shall be no offside or penalty kicks called during these games

Fouls and Misconduct: no caution or send off shall be issued to players. If a child is being too rambunctious, the coach will make a substitution of that player to give the child a chance to calm down before returning to play.

**Free Kicks:** all free kicks shall be direct. This should keep the game flowing and keep the attention of the kids.

**The Goal Kick:** the kick should be allowed to be taken from anywhere along the goal line over which the ball traveled. This is so the ball can be put back into play quickly. The ball should be placed two or three yards into the field of play to make it easier for the child taking the goal kick to get the ball well into the field of play once it is kicked. The defending players must stand at least four yards away from the ball until it is in play.

**The Corner Kick:** The defending players must stand at least four yards away from the ball until it is in play.

**No score or standings should be kept.** Coaches should remind parents the primary objective is fun, skill development and improvement with each game.

**Weather:** Games are not cancelled for any reason except lightning. Plan to play in all kinds of exciting weather. Cancellation of games is a case by case and must be coordinated with and agreed to by both head coaches. You may gain clearance from the field coordinator. If your age group requires referees the referee must be advised of canceled games. Make up games will be scheduled and coordinated by the head coaches of both teams. If your age group requires a referee and you would like one present you may notify the referee coordinator.

**. Thank you for volunteering. This is 100% volunteer and we are so glad to have you on our team. With your help you will be creating a fun and exciting environment for the kids**

**Resources:** They are now endless. Search on the internet for helpful websites and youtube videos.

Local = [www.priceyouthsoccer.com](http://www.priceyouthsoccer.com) updated often during the season. Please check for any new information.

State UYSA = <http://www.utahyouthsoccer.net> "technical tuesday" with Greg Maas

National US Youth = [www.usyouthsoccer.org](http://www.usyouthsoccer.org)