

# U5 Rules of the Game



<b>Game Form</b>	3 v 3
<b>Goal Keeper Status</b>	No Goalkeepers
<b>Ball Size</b>	3
<b>Duration</b>	Two 20 minutes halves with one 5 minute break in between

The concept here is basic – keep the players going in the right direction and going for the ball.

## Game Protocol:

- Arrive at the field 15-20 mins prior to the game.
- Check the playing surface and equipment for safety; ie objects on the field, goals secured and on the goal line, and game ball is properly inflated.
- Organize your players for warm-up – lots of movement – not just kicking on goal.
- Coordinate your player rotation to make sure players receive equal play time.
- One coach should be on the field serving as the referee. Also someone should be nominated to keep official time on the field.
- Make sure all your comments are positive.
- Make sure each player drinks and stays hydrated.
- Players should be aware of the direction they are attacking.
- Sidelines – Parents and players may sit on the same side however there should be a set area for players to await their turn to go in. No coaches or parents should be allowed behind the goal area.
- Dogs should not be allowed on the fields. For everyone's safety it is best if Fido stays home.

**Participation:** All players MUST play a minimum of 50% if each game.

**Players:** Teams will be coed and consist of 5-6 players. There are no goalkeepers in this age group. Players should be discouraged from hanging back near the goal during play.

**Game Duration:** The game consists of two 20 minute halves. There should be a five minute half-time. Time is kept by the coaches on the field. At half-time take a break and give players water and snack if provided by the team parents. At the start of the second half there is no need to switch sides.

## Proper Attire:

- Jersey
- Shin guards
- Cleats or Athletic shoes; no toe cleat allowed.
- Religious dress is allowed
- Casts that have been wrapped in foam or soft material
- Protective head gear or knee braces.
- Jewelry; ie necklace, earrings or bracelets of any kind not allowed; cannot be taped over.
- Medical alert bracelets are allowed.

**Referees:** The club does not use referees for U5 games. One coach from each team should run the game and be on the field with their team during play. If play stops for a foul, explain the foul or the reason for the stoppage to the players. This is important for the players to learn the game.

**Start of Play:** The opposing players should stay out of the midfield circle during the kick-off. The ball must touch a second player before the person who started the kick off may touch the ball again. Encourage players to pass the ball to a teammate. Goals must be indirect; meaning the ball must touch another player before it goes in. If the ball goes into the goal during kick off no point is scored and the game is restarted with a goal kick by the defending team.

**Substitutions:** can be made whenever the ball is dead. IE; out of bounds, goal kick, corner kick or after a goal is scored.

**Throw-ins:** If the ball goes out of bounds (completely over the sideline), a coach should put another ball into play so the game doesn't stop. Players tend to bunch up, so place the ball in an open area to move the area of play. Coaches can use this opportunity to move the field of play if players are bunching up or to get shy players involved in play. During the spring season players can begin throwing the ball in from the sideline/touchline.

**Goal:** The ball must be completely over the goal line for it to be considered a goal.

**Hand Ball:** If one of the players touches the ball with their hands, stop play and explain why the play has been stopped. Restart play by rolling another ball into play.

**Conclusion:** Do not keep score of the game. There is no winning team or losing team. The focus is for the kids to have fun, learn some soccer skills and become comfortable with soccer concepts. At the end of the game, players should meet in the middle of the field to shake hands and congratulate each other. Instead of emphasizing the score of the game emphasize and congratulate players for scoring a goal, making a pass or blocking a shot.

**Injuries:** According to Nebraska's new Concussion Law players who are who have knocked heads, got "dinged" or the "bell rung" need to be removed from the field of play and evaluated. If player does not show signs or symptoms they may return to the field of play. If the player shows signs or symptoms of a concussion, player will need written clearance from a healthcare provider before returning to play. Coaches should notify BSC in writing ([info@benningtonsoccer.org](mailto:info@benningtonsoccer.org)) of any injuries that occur during a game or practice. Should a concussion occur outside of practice or game it is the parent's responsibility to notify the coach and club.

Bloodborne pathogens; treat every person on the field with the assumption that they may have a contagious virus in their blood. Use latex gloves when treating a player. Injuries to the skin should be cleaned and covered with a bandage. This includes cuts or scrapes that may break open during play. An athlete with blood on the uniform will not be allowed to return to play until the uniform is changed. Remove any contaminated materials from the area and wash hands as soon as possible.

**Weather and Evacuations:** The decision to suspend a game due to lightning or other dangerous weather will be made by the division coordinator. If severe weather occurs prior to the start of a game or practice; notifications will be made via the website; [www.benningtonsoccer.org](http://www.benningtonsoccer.org). If severe weather occurs while on the field the division coordinator will sound a horn notifying all teams to stop the game and move to safety. If the game is stopped during the first the half a make-up game date will be issued. If the game is stopped during the second half of play no make-up game will be played.

