

Under 5 and Under 6 Rules

Balls size:

- Size 3

Number of players:

- 4v4 (can play with 3)

Equipment:

- Like uniforms (shirts, socks, shorts)
 - Home team wears Navy and Visitors wear White.
 - If there is a conflict, Home team is required to change.
- Shoes – molded cleats or tennis shoes
- Shin guards required
- No casts
- No Jewelry

Duration of game:

- Four 10 minute quarters. (Home team keeps time whole game)
- Two minute break between quarters between 1st and 2nd and 3rd and 4th quarters
- Five minute half time.

Substitution:

- Each player listed on the roster must play a minimum of half of each half
- At two times substitution is mandatory. At mandatory substitution times, all players on the bench must be substituted unless injured or unwilling.
 - end of first quarter (mandatory)
 - end of third quarter (mandatory)
 - At half time
 - In case of an injured player
- If players appear exhausted before the end of a period/game shorten the period/game using the best judgment.

Referee:

- Each coach officiates his/her own players. The home team's coach is the Ball Boss on the outer sideline (Parent Sideline). The visiting team's coach is the Ball Boss on the inner sideline (Bench Sideline)
- Each Coach needs two parents to help retrieve errant balls. One behind the goal they are defending and one behind them on the sideline, both parents will be collecting balls distributing them back to the coach to use as the next "New Ball"
- No throw-ins, free kicks, penalty kicks.

Start of Play:

- Play begins with the home team kicking off in the first half. The visiting team kicks off in the second half. The team kicking off can be inside the center circle. The defending team must remain outside the center circle until the ball is touched by a player on the team that is kicking off.
- After the kickoff, play continues with the coach declaring to the players “New Ball” whenever it goes out of bounds. This process continues for the remainder of the game when the ball goes out of bounds or restarting after a penalty, or injury stoppage.
- A good rule of thumb, try to declare a “New Ball” as close as possible to the place where the ball goes out of bounds or the penalty took place.
- If a goal is scored for either team, the ball is returned to the center of the field for a kick off for the team that gave up the goal.

Ball in and out of play:

- If a player dribbles out of bounds briefly, but quickly dribbles back into play, then play continues as if he never left the field.
- The whole ball must completely cross the line for it to be considered a goal.

Goal Keeper:

- No Goal keeper.

Score:

- No score is kept

Off Sides:

- No off sides

Fouls:

- Only OVERT penalties are called (shoving, kicking, deliberate handball, etc). When a penalty is called, the penalty is very briefly explained to the player and play resumes as quickly as possible, with declaring to the players “New Ball” and rolling the new ball out.