



AYSO Region 214 – U5 Guidelines

The U-5 Program consists of a 75-minute session: 45 minutes of warm up and technical development and one 30-minute game (including breaks).

The Field:

The field size for U5 games is 15 x 30 yards.

The Markings:

Distinctive lines can be used but are not required.

The Goals:

The goals are Bownet goals: 3 x 5 feet.

The Ball:

A size 3 ball is used for U5 games.

The Game:

After a practice period, the playing team will be divided into two groups of 4 players. One group of 4 players will stay on the home field and be managed by the Coach and play the Visiting Team managed by the Co-Coach. The other group of 4 players will go to the Visiting Field with the Co-Coach to play those 4 players on their Home Field with their Coach.

The Players:

There will be three per team on field and no goalkeepers. Ten maximum on roster. Substitutions are between quarter, at halftime and for injuries. Each player will play a minimum of two periods per game and no player should play four periods until everyone has played three periods. Only players should be on the field (if a player needs a parent to help them participate this is OK), with the exception of the coach the home team and the coach from the away team who will manage the game.

Player Equipment:

Shoes and shinguards, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.

Duration of Game:

Four five-minute periods. Half time break of 5 minutes.

The Start of Play:

To start the first and second halves, and following each goal in all age group games, play is started or restarted with a kick-off in the center of the field. The coaches will determine which team kicks off prior to the start the game. The team that kicks off will alternate each quarter. Following a goal, the team scored upon kicks off.

The Kickoff:

The kickoff is taken from the center of the field with each team in their own half and the team not kicking off at least 5 yards from the ball. Do not insist the opponent be a minimum of precisely 5 yards from the ball as this is just a guide to give the kicker room to kick the ball without it immediately hitting an opponent. Remember, let them play and do not interfere for technicalities.

Ball In and Out of Play:

The ball is out of play in all age group games when it completely crosses the touch line (side line) or goal line (end line) either on the ground or in the air. In U5 games, the coaches will determine when the ball is out of



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play and should guide the restart with a throw-in, interfering as little as possible. It's the player's game, let them play and work on technique later.

Method of Scoring:

A goal in all age group games is awarded when the ball completely crosses the goal line into the goal. Everyone should enthusiastically celebrate goals. In U5 games, goals are not recorded to determine who wins as everyone is a winner.

Fouls & Misconduct

Deliberate fouling should be rare in U5 games. Kicking, tripping, deliberate handling of the ball and dangerous play may occur. There should be few, if any, additional reasons to stop play in U5 games. If a player is "not playing well with others", or if play must be stopped for any other reason (injury, substitution, confusion, or to watch a passing train, butterfly or frog), refocus the players and begin again with a free kick or an appropriate restart. Award the restart to whichever team deserves it. Stoppages must not become a lengthy ceremony.

Free Kick:

Play may have to be stopped occasionally to "sort things out" in U5 games. When this is necessary, correct the situation then restart with a free kick for the deserving team. The opposing team should be at least 5 yards from the ball in U-5 games. All free kicks in U5 games are direct free kicks which means, if you're lucky, a goal can be scored directly from the kick.

Official:

There is no need for fully qualified referees to manage U6 games. A currently registered AYSO volunteer or Coach who is Safe Haven certified must be present on the field. The games are intended to be an opportunity for the very youngest of our players to experience the fun of playing. The barest of minimum rules are needed and should be applied with a generous amount of flexibility. Let the players have the freedom to play with minimum interruption.