

ALAMOSA PARKS & RECREATION

2018 YOUTH SOCCER GUIDELINES for U5(ages 4-5) & U6(ages 5-6)

FIELD OF PLAY

Dimensions: Length = 120 feet x Width = 75 feet

Markings:

- Distinctive lines not more than 5 inches wide
- Field of play divided into 2 halves by a halfway line
- The center mark is indicated at the midpoint of the halfway line
- A circle with a radius of 12 feet is marked around the center mark
- 4 corner arcs with a 2-foot radius
- Goal kick lines: 2-three foot long lines, 6 feet from the goal line on either side of the goal
- Goal area: none
- Penalty area: none

Goals: 4 x 6 feet

THE BALL Size 3

NUMBER OF PLAYERS

- A match is played by 2 teams, consisting of 4 or 5 players; both coaches must agree on number of players before game begins.
- Game is played without a goalkeeper
- Substitutions are allowed at any stoppage and are unlimited
- Playing Time: each player should play a minimum of 50% of the total game time
- Teams are coed

PLAYER EQUIPMENT

The basic equipment of a player consists of the following:

- Reversible jersey is available to purchase from the Rec Center
- Shorts or pants are player provided
- Shin guards are mandatory and are player provided
- Socks should cover the shin guards and are player provided
- Footwear: tennis shoes or soft-cleated soccer shoes (player provided). NOTE: For safety reasons, players wearing either baseball or football shoes will need to remove (cut off) the toe cleat prior to participating.

REFEREE

- Provided by Parks & Rec
- Parents or coaches should not referee and are expected to respect the referee's decisions
- All rule infractions will be briefly explained to the offending player in a helpful, friendly, and instructive manner

DURATION OF THE GAME

- The game is divided into 4 quarters, each 8 minutes long.
- Two 2-minute breaks: between quarters 1 and 2 and between quarters 3 and 4
- Half-time break of 5 minutes between quarters 2 and 3

START/RESTART OF PLAY

- At the start of the game, choice of field ends and kick-off is determined by the flip of a coin
- Opponent must be 12 feet from the center mark while the kick-off is in progress
- Ball must be passed to another player; no dribbling on kick-off
- Ball may not travel backward on the first touch

BALL IN AND OUT OF PLAY

The ball is out of play during the following circumstances:

- When it has gone completely over the boundary line on the ground or in the air
- When the game has been halted by an official

The ball is in play at all other times, including:

- When it rebounds off a goalpost, crossbar or corner flag post and remains in the field of play
- When it rebounds off the referee when they are on the field of play

METHOD OF SCORING

- A goal is scored when the entire ball passes over the goal line.
- The ball must cross the goal line between the goal posts and under the crossbar.

OFF-SIDES None

FOULS AND MISCONDUCT

All fouls shall result in a DIRECT free kick.

- The referee will explain **ALL** infractions to the offending player before restarting play. No cards are shown for misconduct; however, referee may send player off the field.
- The direct free kick is taken from the place where the offence occurred
- Opponents must be 12 feet away before kick is allowed
- The opposing team will be awarded a direct free kick if any player commits one of the following offences:
 - Kicks or attempts to kick an opponent
 - Trips or tries to trip an opponent
 - Jumps at an opponent
 - Charges an opponent
 - Strikes or attempts to strike an opponent
 - Pushes an opponent
 - Tackles an opponent
 - Holds an opponent
 - Spits at an opponent
 - Handles the ball deliberately

FREE KICKS All free kicks are DIRECT. Opponents must be 12 feet away from kick

PENALTY KICKS None

KICK-INS

A kick-in is a direct free kick; opponents must remain 12 feet away from the ball. Throw-ins are not used at this age.

GOAL KICKS

- A goal kick is taken by a defending team player when the ball crosses the goal line/end line outside of the goal and when last touched by an attacking team player.
- The kick should be taken from the goal kick line located on either side of the goal
- Opponents must be at least 12 feet from the ball

CORNER KICKS

- The attacking team is awarded a kick-in when the ball passes across the goal line, last touched by a defending team player
- Opponents must be 12 feet away from the ball

ADDITIONAL YOUTH SOCCER RECOMMENDATIONS

- Opposing coaches and players should congratulate one another by shaking hands after each game
- Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters
- Slide tackling is not allowed in this age group