



U5, U6, U7/U8 Soccer Quick Rules

Age Group	Game Length	Half Time	Players on Field	Ball Size	Goal Size	Field Size	Build Out Line	Offsides	Referee	Notes
U5	25 Minute Practice/2 5 Minute Game	5 Minutes	3v3 NO Goalies	Three (3)	4' (H) by 6' (L)	20' (L) by 15' (W)	No	No	No coach on field with kids	•No Slide Tackles • No Goalkeepers •Sportsmanship •New Ball for all restarts except after goals: use kick off •Proper treatment of teammates, coaches, opponents, and officials
U6	Two 20 Minutes Half's (2x20)	5 Minutes	3v3 NO Goalies	Three (3)	4' (H) by 6' (L)	20' (L) by 15' (W)	No	No	No coach on field with kids	•No Slide Tackles • No Goalkeepers •Sportsmanship •New Ball for all restarts except after goals: use kick off •Proper treatment of teammates, coaches, opponents, and officials
U7/U8	Two 22 Minutes Half's (2x22)	5 Minutes	5v5 4 in field plus goalie	Three (3)	6.5' (H) by 12' (L)	40' (L) by 25' (W)	Yes Half Line	No	No coach on field with kids	•Kick -Ins •No Slide Tackles •Sportsmanship •Proper treatment of teammates, coaches, opponents, and officials

Build Outline U7/U8

- On a goal kick, the defending team must retreat to the build-out line (half line). Players must wait at the build out line to advance until the ball is in play. The ball is in play as soon as it is touched.
- In terms of goalkeeper possession, the defending team must retreat to the build out line (half line) when GK has possession of the ball. Players must wait behind the line until the ball is put back into play.
- The ball is in play as soon as it leaves the GK's hands regardless of whether they are rolling/throwing/or kicking it from the ground.
- No punting or drop kicking. If a GK does not wait until the defending team retreats and puts the ball into play, the ball is live, and an attacking player may immediately go for the ball.

New Ball U5 & U6

- U5 & U6 will use the "New Ball" for restarts after a ball is kicked out of play.
 - NO corner kicks.
 - NO goal kicks.
 - NO throw ins.
 - NO kick ins.
- Benefits of the "New Ball"
 - Back into play quickly
 - Not waiting minutes for 4-5-year-olds to make decisions.
 - Allows for the game to flow and provide more touches on the ball.
- How It Works
 - After a ball goes out of play one of the two coaches calmly shouts, "new ball" and rolls a ball onto the field.
 - Coaches should wait 2-3 seconds before rolling the ball into play to allow players to visually tack the new ball.
 - Roll the ball into various places for the following reasons.
 - Give it to the team who should have gained possession.
 - Break up the herd.
 - Involved a layer who is struggling to get involved.
- Restarts After Goals
 - Proper kick off after a goal is scored. Celebrate the goal with your team!
 - If a game becomes loop sided or a goal fest coaches can use the "New Ball" after a goal is scored to better control the flow of the game.