



LHYSA - 5U/6U Guidelines

- **Equipment:**
 - Size 3 soccer ball.
 - Shin Guards required for every player on the field for their safety.
 - Soccer cleats are optional but recommended (No baseball or football cleats).
 - Uniform will be provided by LHYSA. Uniform: jersey, black shorts, and socks.

- **Rules of the Game:**
 - 3 vs. 3, no goalkeeper
 - Four – 8 minute quarters. Have the time kept by a team parent or Asst Coach. Pause at 4 minutes to rotate kids (but you can sub at any time otherwise) with the intent that every player plays for at least half the game. Use approx. 2 minutes between Quarters and 5 minutes at Half time.
 - Players will play in one direction during the first half and then switch sides for the second half. Trade which team kicks off from the center circle to start each Quarter.
 - One trainer for each team on the field and will be acting as the Referees.
 - No intentional headers.
 - Kick off: at the start of the game, the ball must be touched twice in the center circle before it is in play. This is to help initiate control of the ball via a pass versus just one big kick.
 - Goal kicks: if the attacking team kicks the ball past the baseline, then ball is placed in the corner of the Goal Area (rectangle by goal) on the side that the ball went out-of-bounds for the defending team to kick. The attacking team must retreat to their half of the field.
 - Corner kicks: if the defending team kicks the ball past the baseline, then the ball is placed in the corner of the side that the ball went out-of-bounds for the attacking team to kick. Defending team will retreat to defend Goal, but not in the restricted area.
 - No throw-ins. The ball will be kicked in at the point of out-of-bounds to resume play. Attempt to get the ball back into play as quickly as possible to maximize game time.
 - No off-sides, but don't "plant" players by the goal intentionally to stay in one spot and wait for the ball.
 - No slide tackling. If a player is on the ground, then first action should be to get up, and then play.
 - No hand balls; however, if it occurs, then continue play based on the severity and use your best judgment between trainers to make a call.
 - Encourage cheer for all the kids on the field with positive, reinforcing soccer terms: "good dribbling", "great pass", etc. Refrain from "kick" the ball, which emphasizes a kick and chase concept.
 - No score keeping or standings during season of play.