

LYSA U5 & U6 Simplified Rules

1. Size 3 soccer ball is used
2. Team size limited to 6-7; game play is 3v3.
3. NO GOALKEEPERS – players should not be in the goalie box.
4. Games consist of four 10 minute quarters, a 5 minute half time and 2 minute quarter breaks.
5. Players and coaches should remain on the opposite sideline from the parents during the game. You may have your assistant coach and/or one volunteer parent on the player sideline with you to help watch the kids while the coach is on the field.
6. One coach is allowed on the field with your players. Coaches please stay on your defensive side unless you are helping set up a play or assisting in medical attention.
7. You may substitute at any time. A good practice is to set a timer for 5 minutes into each quarter to do substitutions.
8. Field time allotment is for 2 hours. You may have 30 minutes prior to game time for a warm-up/practice time. Games will begin at the time on the schedule.
9. Coaches or a volunteer parent are responsible for refereeing the game, and keeping the time.
10. **Goal kicks** occur after the offensive team kicks the ball over the endline. The opposing team must be in their defensive half of the field during goal kicks.
11. **Corner Kicks** occur after the defensive team kicks the ball over the end line. During corner kicks, please make sure no player from either team is in the goal box in front of the goal. You may place players around the box, but not in it. Please have the defending team provide 4 yards of space away from the ball.
12. **Kick-ins** occur when the ball goes out over the sideline. This should be a pass to a teammate. Please have the defending team provide 4 yards of space away from the ball.
13. No ball contact is allowed within the goal box. If a defender touches the ball in the goal box on the ball's path into the goal, a corner kick will be awarded. A ball touched by an offensive player while in the box will result in a goal kick. If the ball stops in the goal box, a goal kick is awarded. ALL OF THE BALL MUST BE IN THE BOX. This is for the safety of players.
14. NOT ALLOWED: No heading, No Slide Tackles, No Punting, No Penalties, No Cherry-Picking.

Updated February 2023