



LEXINGTON YOUTH SOCCER ASSOCIATION www.lysa.org

RECREATIONAL U5-U6 **QUICK REFERENCE FOR** **FALL 2021**

5U and 6U RECREATIONAL (CO-ED)

PLAY: 3 v 3, no goalie or defenders. Size 3 soccer ball.

BREAKS: 2 minutes at quarters; up to 10 minutes for halftime.

THROW INS: Up to two repeat attempts for throws from sideline.

FOULS/FREE KICKS: All kicks INDIRECT. Opponent must yield 4 yards.

GOAL KICKS: Opponents must be defensive half of field.

NO HEADING: No intentional heading. Indirect kick awarded.

NO SLIDE TACKLING

PERIODS: Four 10-minute quarters.

SUBS: Any stoppage in play. Unlimited.

CORNERS: Yes. Goal box should be empty.

NO PENALTY KICKS

NO OFFSIDE

NO PUNTING

NO CARDS

NO OFFICIALS: The U5 & U6 Divisions do not have any officials at matches. The head coach for each time is allowed to be on the field to help officiate while coaching. Ideally one coach would have a whistle & the other team will keep track of the time in the match.

SIDELINES/SUBSTITUTIONS: The Assistant coach or a team parent should be on the sideline with players out of the game. Every player should play at least 50% of each match. It is recommended to sub at the 5 minute mark of each quarter in the match if you have 6 players present.

NO GOALIES/DEFENDERS: Coaches should NOT intentionally have players on the field playing in a goalie or defender position in the goal box. Encourage all players to play on the field and focus on learning 3v3 positions (left, center, right), keeping possession of the ball, dribbling, passing, scoring, and challenging the opponent with the ball.

GOAL KICKS: Happens when offensive team kicks the ball over the goal line. When a team is taking a goal kick, the opposing team should back up to the mid-field line on their defensive half of the field, until the ball is put in play.

CORNER KICKS: Happens when defensive team kicks the ball over the goal line. When a team is taking a corner kick, the opposing team should give the kicker with the ball 4 yards of space. No players from either team should be inside the goal box until the ball is put in play.

THROW INS: Happens when the opposing team kicks the ball over one of the two sidelines. Two re-do throws allowed.

LOPSIDED MATCHES: An intentional effort MUST be made to keep scores from getting out-of-hand. Move less dominant players up front, require multiple passes/touches before moving forward, and playing short a player, are all ways to reign in games. If you are up by 5 or more goals coaches should make it difficult for your team to score, by directing your team to work on other parts of their game like ball control, first touch, possession, holding position, etc.

LYSA IS A "ZERO TOLERANCE" OF ABUSE LEAGUE: You may request a Field Marshall at your game if you feel coaches, parents or players are targeting anyone with abuse and you should report bad behavior to lysarecdirector@lysa.org.

NO JEWELRY of any kind, is not allowed to be worn. This includes ear rings, watches, necklaces, and bracelets. Pierced earrings must be removed by players during practices and games. All hair ties or barrettes should be free of hard objects such as plastic or metal and made of soft material only. The simple intent of this rule at the local, state, national, and international level is the protection of the players.

SAFETY NEAR GOALS: Players should not hang on the goals at any time to prevent injury.