



## LYSA U5/6 Simplified Rules

1. Size 3 soccer ball is used
2. Team size limited to 8; game play is 4v4.
3. NO GOALKEEPERS – players should not be in the goalie box. Position players around the box.
4. Games consist of 4 ten (10) minute quarters with a 10-minute half time and 2 minutes between quarters.
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. A substitution time in each quarter will be provided at 5 minutes into each quarter – the game clock will continue to run. You may substitute at any time.
8. Field time allotment is for two 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. **Goal kick** occurs when the offensive team kicks the ball over the end line. Each team must be in their defensive half of the field at mid-field during all goal kicks.
10. Coach or volunteer parent is responsible for refereeing the game.
11. **Corner Kicks** occur when 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 area. There is a small box in front of the goal that should be open. You may place players around the box, but not in it.
12. **Throw-ins** occur when the ball goes out over the sideline. Please have the kids throw the ball at the feet and not the face or chest. Each child can have up to 2 additional chances to throw the ball in properly before turning it over to the other team. (A correct throw in is represented by: Ball over the head and feet behind the line. Ball should come straight forward and both feet should remain on the ground through the release.)