

SAN RAMON SOCCER Recreational League Rules U5 – U6

Format

Age	Number of Players	Ball Size	Length of Game
U-5	3 vs 3 – No GK	3	32 minutes*
U-6	3 vs 3 – No GK	3	32 minutes*

*Four 8-minute quarters, with a 5-minute halftime. Breaks between quarters 1 & 2, and 3 & 4 are 3 minutes.

Field Arrangement

Teams are to set up their bench area on one side of the half near midfield, and the opponent on the opposite sideline. Parents and spectators should sit on the same side of the field as their team, making sure not interfere with the game, coaches and players. Coaches are allowed to stay on the field while coaching and monitoring the game, but can position themselves off the field if they prefer. There will be times when a coach needs to step onto the field to help with rules, moving the game along, etc. Just remember the game is for the enjoyment of the kids, and that should be the priority at all times.

Who Keeps Time?

The coaches keep time. Or a volunteer parent can keep time. Time limits must be adhered to in order prevent delays for all games later that day.

Ball out of Bounds / Re-starts

U-5 and U-6 players may dribble or pass the ball inbounds if retrieved immediately, but it's preferred that whenever a ball goes out of play or a goal is scored the coach announces "NEW BALL" and rolls another ball into play. Several balls are required for this method. The two coaches assign themselves each to a half of the field and carry one or two balls. If the ball goes slightly out of play, but the player dribbles the ball back in, that's ok – let them play on! When a "NEW BALL" is required, it should be rolled to neutral space or toward the disadvantaged team. This method will speed up the game, produce more goals, more excitement, and at the same time emphasize fun as the priority.

Substitutions

A substitution can take place on-the-fly or during a stoppage as long as it does not impact the ongoing play, or interfere with the flow of the game

Playing Time Expectations

Every player on every Recreational team must play a minimum of one-half of every game unless the player is restricted for disciplinary or other reasons. If a player is to be restricted, then coaches are expected to clearly explain to the player and/or parent the reason for the restriction in playing time prior to or after the game, depending on when a player is disciplined.

Uniforms

All players must be in full standard league uniform in order to play - jersey, shorts, shin guards and socks. Socks MUST be worn over the shin guards.

HOME Team = NAVY BLUE JERSEY

AWAY Team = WHITE JERSEY