

CAROLINE COUNTY YOUTH SOCCER ASSOCIATION
UNDER 8 DIVISION

5 x 5 RULES

1. Field size:

- Approximately 25 yards x 40 yards

2. Ball size

- #3 ball

3. Roster size: Minimum of 7 players and a maximum of 9 players.

4. Fielding a team:

- Each team will put 5 players on the field; one player is to be the goalie.
- Each team will have the same number of players on the field.
 - (If one team has only 4 players then the other team must play 4 also.)

5. Goal size:

- 6 feet across x 4 feet high

6. Length of game:

- 4 quarters-10 minutes each
- 3 minute break in between (1st & 2nd) and (3rd & 4th)
- Between 2nd & 3rd (halftime) there should be a 5 minute break.

7. Playing time for each player:

- Each player will play at least one half of the game.
- Exceptions:
 - If there is an injury.
 - If the player just needs to take a break.

8. Start of the game:

- A coin toss (odd or even, if there is no coin) will decide which team kicks off. The team that doesn't win the kick off will choose sides.
- The game starts by the blow of a whistle.

9. Kickoffs:

- The player kicking off must kick the ball forward 1 rotation, another teammate must touch it before the opposing team may touch it.
- The player kicking off may only touch the ball once to pass it off.
- The ball must be going forward or sideward at the kick off
- Kick offs are used at the beginning of each quarter and after a goal is scored.
- The clock does not stop after a goal
- Teams will alternate the kickoff of each quarter.

10. Out of bounds:

- Balls that go over the perimeter lines are out of bounds and will be thrown in.

11. Substitutions:

- Players may be substituted at any time the ball is out of play.

12. Goalie:

- The goalie may use his/her hands while in the goal area
- Anytime the goalie has possession in the Penalty area he/she must throw the ball back into play.

13. Scoring:

- Team standings are not kept.

14. Referees:

- It is recommended that the coach from each team is on the field as a referee.
- While on the field, the coaches should be instructing their players about what to do and what not to do while calling any fouls committed.
- If there is a disagreement between the two coaches, it will be discussed quietly between them and resolved like adults. ***There will be no yelling.***

15. Fouls:

- The following are considered fouls and gives the opposing team a free kick:
 - 1. Pushing**
 - 2. Tripping**
 - 3. Slide tackles**
 - 4. Rand balls:**
 - A handball is any intentional touching of the ball with the hands or arms. Goalies are permitted to use their hands only in the Penalty area.
 - 5. Unsportsmanlike like conduct:**
 - That is cussing, hitting, spitting, calling names, jumping on to from behind, kicking another player intentionally (i.e. not going for the ball), unnecessary roughness and shrieking or yelling at another player to distract him/her.

(All of these behaviors can lead to yellow and/or red cards in the higher levels of play)

16. Free kicks:

- To be used if a foul is committed.
 - Opposing team members must be at least 10 yards from the player doing the free kick.
 - Free kicks resulting from a foul of the defensive team in their goal area will be taken no closer than 10 yards away from the goal.

17. Penalty kicks:

- There are no penalty kicks in this age group.

18. Drop balls:

- There are no drop balls in this age group.

19 Spectators:

- Spectators must be kept back 10 feet from the field sideline.
- No spectator(s) is allowed behind the goal of either team during the game.

20. Player equipment - Safety issues:

1. Mouth guards:

- If a player has braces that player must wear a mouth guard.

2. Shin Guards:

- All players must wear shin guards during games.

3. Jewelry:

- None shall be worn with the exception of Medical Alert emblems.

4. Casts:

- Considered illegal equipment and not allowed.

5. Hair accessories:

- Only soft items will be allowed.

21. Smoking:

- There will be absolutely **NO SMOKING** by the coaches or assistant coaches around the players during practices and games.