

## **U5 – U11 Practice Guidelines & Basic Rules**

### **Practice Guidelines**

- Practice time and frequency is up to the coach. All coaches have different schedules and our volunteers always do the best that they can.
- Practices are not mandatory.
- Bring your ball, shin guards and cleats to all practices and games, they are required for all ages for safety.

### **Basic Rules by Age Group**

<b>Under 5 - U5</b>	<b>Under 7 - U7</b>
<ul style="list-style-type: none"> <li>· 10-minute halves, 5-min halftime</li> <li>· 4 players per side</li> <li>· Size 3 ball</li> <li>· No Goalies</li> <li>· Indirect kicks only</li> <li>· Coaches act as referees</li> <li>· Substitutions on the fly (ball doesn't need to go out of bounds, one player leaves field and substitute comes on)</li> <li>· The offside rule is not enforced</li> <li>· No slide tackling</li> <li>· Coed teams</li> </ul>	<ul style="list-style-type: none"> <li>· 15-minute halves, 5-min halftime</li> <li>· 5 players per side</li> <li>· Size 3 ball</li> <li>· No Goalies</li> <li>· Indirect kicks only</li> <li>· Coaches act as referees</li> <li>· Substitutions on the fly (ball doesn't need to go out of bounds, one player leaves field and substitute comes on)</li> <li>· The offside rule is not enforced</li> <li>· No slide tackling</li> <li>· Coed teams</li> </ul>
<b>Under 9 - U9</b>	<b>Under 11 - U11</b>
<ul style="list-style-type: none"> <li>· 20-minute halves, 5-min halftime</li> <li>· 7 players per side</li> <li>· Size 3 ball</li> <li>· Goalies OK</li> <li>· Indirect kicks only</li> <li>· Coaches act as referees</li> <li>· Substitutions on the fly (ball doesn't need to go out of bounds, one player leaves field and substitute comes on)</li> <li>· Proper throw ins are enforced, both feet must stay in contact with the field through the act of throwing</li> <li>· The offside rule is not enforced</li> <li>· No slide tackling</li> <li>· Coed teams</li> </ul>	<ul style="list-style-type: none"> <li>· 25-minute halves, 5-min halftime</li> <li>· 9 players per side</li> <li>· Size 4 ball</li> <li>· Goalies OK</li> <li>· Indirect kicks only</li> <li>· The offside rule is enforced</li> <li>· Proper throw ins are enforced, both feet must stay in contact with the field through the act of throwing</li> <li>· No slide tackling</li> <li>· No penalty kicks</li> <li>· Girls and Boys Teams - No longer COED</li> </ul>