

**PLANO YOUTH SOCCER ASSOCIATION**  
**PLAYING RULES -- UNDER 5 THROUGH UNDER 6**

**1. FIELD OF PLAY**

The field of play is from 60 (sixty) to 75 (seventy-five) feet wide and from 90 (ninety) to 105 (one hundred and five) feet long. The center circle is 8 (eight) feet in radius. The goal area is 20 (twenty) feet wide and 8 (eight) feet in depth. The goal size is 3 (three) feet high and 5 (five) feet wide. These apply to both the Under 5 & Under 6 age groups

**2. THE BALL**

The ball is a size 3 (three).

**3. TEAMS**

Teams are composed of a maximum of eight players. The number of players on each side is 4. A team may not play with less than three players on the field.

**4. LENGTH OF GAME**

*EACH PLAYER MUST PLAY AT LEAST 50% OF EACH HALF.* A player who arrives at the field after the beginning of the game may not play in the first half. A player who arrives after the beginning of the second half may not play in the game, at the discretion of the coach.

A. Under 5 and Under 6 games are 4 ten-minute quarters with a 2-minute half-time period.

B. Substitutions may only be made at the beginning of each quarter or half. Players may not be substituted at any other time. The only exception is if a player is injured or in duress.

C. Teams that are not ready to play within 5 minutes of published time will forfeit game. A team unable to field 3 players at game time will forfeit the game. There will be no time stoppage for any reason.

**5. KICK-OFF**

Kick off will be decided at the beginning of the game by a coin toss with the team winning the toss choosing side of the field. The team losing the coin toss will kick off. Teams will switch for the second half.

**6. FREE KICKS**

Kick-off, Kick-ins, goal kick and fouls are indirect kicks (i.e. a goal cannot be scored by kicking the ball directly into the goal: the ball must first be touched by another player). Defending players must be at least 8 (eight) feet away from the ball at the time of the free kick. Balls kicked higher than 3 (three) feet will result in an indirect free kick for the opponent where the kick originated.

**7. FOULS AND MISCONDUCT**

A. A player who commits any of the following six (6) offenses shall be penalized by the award of an indirect free kick to the opponents.

(1.) Kick or attempts to kick an opponent.

(2.) Trips an opponent, (i.e. throwing or attempting to throw an opponent by the use of the legs or by stopping in front of or behind the opponent).

(3.) Charges an opponent in a violent or dangerous manner.

(4.) Holds an opponent with the hand or any part of the arm.

(5.) Pushes an opponent with the hand or any part of the arm.

(6.) Handles the ball (i.e. strikes, or propels the ball with the hand or arm). It should not be considered a "hand ball" when any player attempts to protect the vital areas of the body (chest, crotch, face, etc.) by placing hands or arms across them to protect them from being struck by the ball. The official shall be the sole judge of whether the hands or arms were used deliberately to propel the ball.

- B. A player shall be sent off the field of play if:
  - (1.) In the opinion of the official, the player is guilty of fighting.
  - (2.) The player uses foul or abusive language.

If play is stopped by reason of a player being ordered from the field for an offense without a separate breach of the rule having been committed, the game shall be resumed by an indirect free kick awarded to the opposing side from the place where the infringement occurred. The player that is sent off can be replaced with another player from the same team. The player being sent off **must sit out the rest of that game.**

## 8. BALL OUT OF PLAY

The ball is out of bounds when the whole ball passes over the whole sideline or goal line. The ball will be put back in play by the opposing team as follows:

- A. Played over the sideline: a kick-in is taken at the point the whole ball crossed the line.
- B. Played over the goal line by the defending team: A corner kick is taken by the attacking team from the arc on the side of the field where the ball crossed the goal line.
- C. Played over the goal line by the attacking team: A kick-in by the defending team from the edge of the goal area.
- D. A goal is scored when the whole ball passes completely over the goal line between the goal post and under the cross bar. Note: All kicks are indirect; therefore a goal cannot be scored from a restart except as defined unless the ball is touched by two players.
- E. Each half is started with a kick-off. Second and fourth quarters are restarted where play in the previous quarter ended.

## 9. OFFICIATING

The officiating will be handled by both teams. A Home Team Representative will officiate the first 2 quarters of the game. A Visiting Team Representative will officiate the last 2 quarters of the game. It is requested that a parent and not coaches officiate the game. If a coach is required to officiate, he/she must remember that during the time they are serving as an official, they cannot coach their team. Someone else will need to fulfill this role. All officials' decisions are final except for an ineligible player.

## 10. OTHER GENERAL RULES

- A. No Goalies: Players are only allowed to stand in the goal box if they are directly playing the ball. Players may play defensive positions, but must move up with the field of play. The purpose of the 4v4 game is for all children to be involved in the action.
- B. Coaches are not allowed on the field during play, unless they are invited by the official for the purpose of assisting an injured player.
- C. Kick-ins: All "kick-ins" shall be indirect kicks. If the kick is done improperly, allow the player additional attempts until it is done properly. This is a developmental league and we are here to help the players learn. Please get the kids involved.
- D. Score is not kept during games. At the end of the game there are no winners and losers. ALL kids are winners.