



## Indoor Rules of Play Under 5

SYSI rules are adapted from FIFA rules of the game based on the specifics of this age group as well as the conditions offered in the indoor venues available. Please see the comments section for detailed tips on each law.

### **LAW # 1 – INDOOR FIELD OF PLAY**

- **Indoor facilities:**
  - o Various Elementary School Gymnasiums
  - o SaskTel Sports Centre ~ STSC (Jamboree Games)
- **Field surface:**
  - o Indoor hard court or wooden floors ~ school gymnasiums
  - o Indoor ½ field turf ~ STSC
- **Field size:**
  - o Indoor hard-court gyms ~ varies
  - o Recommended Field Size: 15-25 yards (width) x 25-35 yards (length)
  - o Indoor ½ field turf STSC ~ 16 (width) x 26 yards (length)
- **Field markings:**
  - o Existing lines on the field and additional cones if desired.
  - o The center divides the field of play in 2 halves with the center point (kick off) at the middle of the center (halfway) line.
  - o No penalty area in U5 indoor.
- **The goals:**
  - o Must be placed on the center of each goal line ~ 8-9ft (width) x 4.5-5 ft (height)
  - o We want to offer the kids the experience of scoring the goal which is one of the most rewarding experiences in soccer. The more goals the better!
  - o Goals can be scored from anywhere on the field but must pass under the height of the crossbar or flag and between the posts or flags cones.
  - o Safety First: No cross bars with ropes etc.
  - o If goals are not available, an alternative solution the entire goal line (or the entire back wall) can be considered a goal if the ball passes entirely over the line (or touches the wall)
  - o Where only cones are, available judgment is best! Remember this is not meant to look like adults playing.

### **LAW # 2 – THE BALL**

#### **U5 = Size 3**

- The ball must be appropriate for the age of the player.
- Size 3 ball is smaller and lighter allowing an easier kick, dribble or pass.
- Please ensure that the ball is pumped up, but with a small amount of “give” to assist players with ball control. Remember safety first.

### **LAW # 3 – THE NUMBER OF PLAYERS**

- **Format of play is 3 vs 3** on the field at any given time with a recommended number of 6-9 players for each team.
- **No Goalkeepers** at Under-5.
  - o **Rationale:** There are no goalkeepers at U5 and this allows all the kids to chase the ball down the field. The action is where the fun is, and the fun is where the ball is. This will allow the kids to further develop basic motor skills (running, jumping) as well as soccer specific skills (kicking the ball, dribbling, passing). The players will be in contact with the ball more and this will allow them to experience “the decision-making process” more, often enhancing their early knowledge and allowing for the reflexes (connections brain-muscles) to be formed. Playing on both offense and defense, will allow the players to SLOWLY begin to understand the role of teammates.
- **Intermissions** are called roughly every 5-8 minutes, which allows for substitutions of all players on the field.
  - o **Rationale:** players that are changed every 2 – 3 minutes very seldom touch the ball during that time (sometimes never touching the ball). With longer and consistent playing time on the field the players will have more of an opportunity to touch the ball and learn to play the game, and ultimately enjoying their soccer experience.
- **Substitutions** are permitted and are unlimited.

### **LAW # 4 – THE PLAYERS EQUIPMENT**

- An official “soccer kit” includes a jersey, shorts, socks and shin-guards.
- Equipment should be safe for all the players and distinctive between the two teams.
- Shirts should be tucked in and socks should be pulled up over the shin-guards. This is done in case the shin-guards have edges to them that may hurt their fellow players.
- Shoes should not be wet!! Don’t let players on the court with wet shoes as it creates a danger for everyone! Remember safety first!

### **LAW # 5 – THE REFEREES**

- No Referees.
- Coaches are encouraged before each game to talk with their counterpart concerning rules of play.
- Make sure that the rules are followed and that the Fair Play nature of the game is followed. Remember kids emulate adults all the time.
- Each coach should stand outside the field of play in his or her own half of the field.
- **We are here to make the game enjoyable for the children, parents and fans! Watching the game comes second!**

### **LAW # 6 – DURATION OF THE MATCH**

- Coaches are encouraged to discuss length of game time at the start of their scheduled hour.
- Teams are recommended to play fun drills, games or warm up activities for the first 20 minutes. Overall recommended duration of the game is a total of 32 minutes with 2 x 16 min halves with timeouts roughly every 8 minutes.
- Estimated 4 x 8-minute substitution changes
- NOTE: Due to the busy schedule please try to be on time and have respect of others time on the field. Use common sense and be considerate with problems that arise. Work them out and be a good example for the kids.

### **LAW # 7 – KICK-OFF AND RESTART OF THE GAME**

- Always takes place from the center point (visible or imaginary) of the halfway line of the playing area.
- At the kick-off to start the game and after a goal is scored the opposing team will retreat to their half of the field and cannot move forward until the kick has been taken.
- Opposing players must be at least 3 meters (4 yards) away from the ball at the kick off after a goal and/or the start of the game and/or half time.
- The ball can move in any direction to begin play.

#### **LAW # 8 – THE BALL IN AND OUT OF PLAY**

- **Out of Play – Walls are Live!!!**
- When playing in school gyms, please make sure that the nets are against the back wall and no room is in between the back of the net and the wall (the players cannot go around the net hockey style). In other words, the wall behind the net is not live when the net is not against the wall.
- After the ball goes out of play, which means the ball hits the bleachers, goes into stands (stages), into player's benches, off a parent, or off the ceiling, or any other amenity considered to be "Out-of-Play" the game is restarted by a Kick-in or Dribble-in (see below for explanation), where the ball went out of play.
- It is recommended that whenever possible, spectators are not to interfere at all with the game and watch from the stages/stands. If there are no stages or stands to watch the game from, spectators are to move out of the way of the ball. Spectators are not to allow the ball to bounce off them or to kick it back into play.
- The Kick-in or Dribble-in shall be taken by the team that did not TOUCH the ball last. Opponents must be at least 3 meters (4 yards) away from the ball on all the above.

#### **LAW # 9 – SCORING AND OFFSIDE**

- There is no offside in mini soccer. Goals can be scored from anywhere on the field, but cannot be scored directly from a kick-off, Kick-in, Dribble-in or an indirect free kick.

#### **LAW # 10 – FOULS AND MISCONDUCT**

- Even though fouls in the game occur, they are almost always unintentional. Remember the age of the children in front of you. When fouls occur such as tripping, kicking, pushing, handling the ball intentionally, etc. the opposing team is awarded an **INDIRECT FREE KICK**. This means that the ball must first be passed to another player before a goal can be scored.
- The coach/parent should explain all the infringements to **EVERYONE** including the player who committed the foul. This will assist in not alienating the player and gives everyone an explanation of what is not correct behavior on the soccer field.
- No caution or send off should be issued to the players.
- **SLIDE TACKLES ARE NOT ALLOWED** in indoor soccer. Players are not allowed to leave their feet or "go to ground" to win the ball from the opponent. If any coach is found to be allowing this from their players, Disciplinary Action will be taken.
- **NOTE:** With walls being in play the chance of injury due to players being pushed into them does increase. Please instruct your players to be **CAREFUL** when approaching the walls. Make sure that players that do create these unfortunate accidents are explained the reasons why it is dangerous.

#### **LAW # 11 – KICK-IN AND DRIBBLE-I**

- THE KICK IN – considered INDIRECT free kick. The ball must be passed before a goal is scored. The kick in will be taken from the place the ball went out of play with the opponents at least 4 yards away until the ball is in play.
- THE DRIBBLIE-IN – considered INDIRECT, the ball must be passed before a goal is scored. The player can dribble the ball into play from the place the ball went out of play with the opponent at least 4 yards away until the ball has been touched by the player.
  - o Rational: This is for players who are unable to kick it far enough, instead of the game being stopped because the player touches the ball again. Only use this restart if necessary.
- The kick in will be taken from the place the ball went out of play with the opponents at least 3 meters (4 yards) away until the ball is in play.

#### **Team Practices & Player Equipment/Jerseys**

- Saskatoon Youth Soccer is not responsible for providing team equipment or jerseys for the teams as well as booking practice times.
- Practices are scheduled and determined between the team coaches and the Community Soccer Coordinator. Player equipment will be picked up by the coach from your Community Soccer Coordinator.