

# U-5 and U-6 Rules

Start & end of Game .....	Coaches and Referees are responsible for making sure all games start and end on time.
Duration of Play .....	The game is played in 4 six (6) minute quarters U-5; and 4 seven (7) minute quarters U-6 with 2 minutes breaks between each quarter and 5 minute halftimes.
Number of players .....	Maximum of four (4) players on the field during play per team or minimum of three (3) players on field during play per team
Size of Ball .....	Size 3
Substitutions .....	Unlimited Substitutions allowed at any stoppage of the game
Goal-Keepers .....	NO GOALIES: Players who stand between the goals posts or in front of the goal post as defenders MUST not touch the ball with their hands or catch the ball. If the player touches or catches the ball, a free kick will be awarded from the top of the goalie box to the opposing team.
Off-Sides .....	NO OFF-SIDES
Slide Tackle .....	NO SLIDE TACKLES
Throw-Ins .....	Throw-ins are allowed. When the ball goes out of the playing area, the player will throw-in the ball back into play from the spot the ball went out of play. Players will be allowed a second chance to re-throw the ball if they did the throw-in wrong the first time. If the throw-in is wrong the second time the ball will be given to the opposing team for their throw-in.
In-Direct Kick .....	Another player MUST touch the ball after it is kicked for th ball to be in play. ALL Direct kick fouls such as a penalty kick MUST be an In-Direct Kick. During a throw-in kick (when the ball is out of play from any touch line on the field), another player MUST touch the ball before a goal can be scored.
Direct Kicks .....	No Direct Kick Fouls such as Penalty Kicks are allowed. NO Goal will be allowed if a player kicks the ball directly into the goal.
Referee .....	A referee will be provided to officiate all games. Referees will NOT issue any cards (Yellow & Red) to players or coaches. Referees can issue a verbal warning to the players or their coaches.
Coaches .....	A Coach from each team is allowed on the field during the games. Coaches can give instruction to the players during the games such as show players where to stand or positions to take during the game. COACHES ARE NOT ALLOWED TO TOUCH THE BALL DURING PLAY, ONLY WHEN THE WHISTLE STOPS ACTION

# U-8 Rules

Start & end of Game .....	Coaches and Referees are responsible for making sure all games start and end on time.
Duration of Play .....	The game is played in two 16 minutes halves with a 5 minute halftimes.
Number of players .....	Maximum of five (5) players on the field during play per team or minimum of four (4) players on field during play per team
Size of Ball .....	Size 3
Substitutions .....	Unlimited Substitutions allowed at any stoppage of the game
Goal-Keepers .....	Goalies must wear a goalie shirt and comply to the rules of the goal keeper (ie where you can and cannot use your hands.)
Off-Sides .....	NO OFF-SIDES
Slide Tackle .....	NO SLIDE TACKLES
Kick-offs .....	No American Style Kickoffs to start the game.
Throw-Ins .....	Throw-ins are allowed. When the ball goes out of the playing area, the player will throw-in the ball back into play from the spot the ball went out of play. Players will be allowed a second chance to re-throw the ball if they did the throw-in wrong the first time. If the throw-in is wrong the second time the ball will be given to the opposing team for their throw-in.
In-Direct Kick .....	Another player MUST Touch the ball after it is kicked for the ball to be in play. ALL Direct kick fouls such as a penalty kick MUST be an In-Direct Kick. During a throw-in kick (when the ball is out of play from any touch line on the field), another player MUST touch the ball before a goal can be scored.
Corner Kicks.....	Corner Kicks are allowed. Corner kicks are awarded to the attacking team when the ball goes out of play from the goal line by the defending team.
Goal Kicks .....	8-Yard rule: During goal kicks the ball must touch a player for the kicking team or go more than 8 yards before the opposing team can touch the ball.
Referee .....	One Referee will be provided to officiate all games. Referees will NOT issue any cards (Yellow & Red) to players or coaches. Referees can issue a verbal warning to the players or their coaches.
Coaches .....	No coaches are allowed on the field during games. Coaches can give instruction from the sideline. Coaches or parents are not allowed behind the goal.