



## **Lakota Sports Organization**

[www.lakotasports.org](http://www.lakotasports.org)

### **U5/U6 Soccer Handbook**

August 23, 2021

\* Soccer Association for Youth is referred to as SAY or S.A.Y.

## **Introduction and Objectives**

### **Introduction**

The LSO Instructional program is here to provide our children with a simple, fast-paced game with few interruptions that allows maximum participation by all players. This is a recreational league (not competitive), where scores or standings are not kept.

### **Objectives**

The main objective of the LSO Instructional Program is for the children to have fun. We, as coaches and parents, need to focus the season on this objective. The secondary objectives are as follows:

- Increase foot skills and ball control
- Maximize each child's touches on the ball
- General familiarity with the game of soccer

### **Divisions**

#### **U5/U6**

The LSO Instructional program is co-ed and has two divisions, Instructional 4 (designated as U5) and Instructional 5 (designated as U6). Players are placed in a division based on their age during the calendar year. Players are placed on teams following SAY\* rules, using random draws, although variances are permitted as the Instructional division is not played outside LSO at anytime and is not officially sanctioned as a SAY division.

During Instructional games, each team is allowed to have 1 (one) coach per team on each field to help direct the players.

## **LSO U5/U6 Playing Rules**

### **Introduction**

LSO has modified the SAY rules for the U5/U6 playing rules. The SAY rules can be found at <http://www.saysoccer.org>.

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### **Law 1 – The Field of Play-**

The field of play is divided into two halves by a halfway line. A circle with a radius of (5) yards is centered on the halfway line and is designated the center circle. A goal area will be in front of each goal and will be 1 foot bigger than the goals. If the goals are (3)ft by (4)ft, the box is (4)ft by (6)ft. The goal area provides a reference point on the field for the players and is used to designate where a goal kick is to be taken. The players occupy inner touchline (sideline) of the field and the fans will be on the opposite touchline (sideline). The recommended field size is as follows:

- U5 – 20 yards by 30 yards
- U6 – 25 yards by 35 yards

In Fall- Games are assigned on Field 3 or Field 4. They are in the back corner of Walter J. Long park. Each field is labeled as either A or B. Both fields are used for an instructional game.

In Spring- U5 Games are assigned on Fields 3 and 4. U6 games are assigned on Fields 5 and Field 6. Fields 5 and 6 are a bit larger and located at the front of Walter J. Long park in the outfield part of the baseball fields.

### **Law 2 – The Ball**

The ball will be size three (3) and the designated home team shall supply the game ball.

### **Law 3 – Number of Players**

Spring – U5 and U6 - Eleven (11) is the maximum number of players on a team: 4 field players on 2 side-by-side fields, and two to three substitutes. (A team must have a minimum of 2 field players). Players may only play on one team per division.

Fall - U5 - Eleven (11) is the maximum number of players on a team: 4 field players on 2 side-by-side fields, and two to three substitutes. (A team must have a minimum of 2 field players). Players may only play on one team per division.

Fall - U6 – Twelve (12) is the maximum number of players on a team: 5 field players (Includes a goalkeeper) on 2 side-by-side fields, and two substitutes. (A team must have a minimum of 3 field players). Players may only play on one team per division.

In U5 and U6 games, teams will be divided into two (4 v 4 for U5 and 5 v 5 for U6) based on the Coaches assessment of the aggressiveness and skill of the players and matched accordingly with the other team. Both games will run concurrently and be Refereed by a SAY licensed Official.

### **Law 4 – Player's Equipment**

Players shall wear the supplied uniform- jersey, shorts, and socks. Shin guards are mandatory and socks must cover the shin guards and the shin guards must be worn under the socks. Soccer cleats are preferred, but gym shoes can be worn if necessary. Cleats shall not have sharp, jagged edges (toe cleats are acceptable).

Examples of Illegal/unsafe equipment include:

- No unnecessary items (wrist bands of any type, sun glasses, hard hair pins)
- Nothing dangerous (hair beads)
- No cleats with sharp edges (molded baseball shoes are OK with a toe cleat. Soccer shoes are preferred). Never cut off or remove cleats as they create sharp edges.

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- No jewelry
- No earrings (no plastic plugs for newly pierced ears)
- No casts - even though covered with soft padding
- No splints - even though covered with soft padding
- No helmets of hard material (concussion head gear is fine – it should be made of soft material)
- No face guards
- Nothing in the mouth (mouth guards are OK as long as nothing is sticking out of the mouth)

**Legal Equipment:**

- Eyeglasses (with or without strap – must be prescription, not sun glasses)
- Contact lenses
- Soft headwear (knit caps)
- Soft knit gloves
- Sweat pants, warm-up suits are OK to wear under the uniform (hoodies must be tucked in)
- Keepers may wear:
  - Soft safety helmet.
  - Soft-billed cap
  - Keeper gloves /soft knit gloves

**Law 5 – Referees**

SAY licensed Referees will be used for all games (1 Referee for each field). All infringements shall be briefly explained to the offending player where appropriate.

**Law 6 – Assistant Referees**

Assistant referees will not be used.

**Law 7 – Duration of the Game**

The game will be divided into four (4) even quarters of 8 minutes each, with a five (5) minute break at halftime and two (2) 1 minute breaks between quarters 1 & 2 and 3 & 4. Note: The time does not stop.

**Law 8 – Start and Restart of Play**

At the start of the match, at the start of each quarter and after every goal, a kick-off will be used to start play. The kick-off will be at the center of the center circle. Opponents must be outside of the center circle and on their side of the field until the ball is in play. The ball is in play when it is kicked and moves. The kicker of any restart cannot touch the ball again until it has touched another player.

Beginning of Game- complete pregame checks. Visitor kick off in period 1 and 3. Home kick off in period 2 and 4.

**Law 9 – Ball Out of Play**

The ball is out of play when the whole of the ball completely passes over the goal line (endline) or touch line (sideline), whether on the ground or in the air.

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**Law 10 – The Method of Scoring**

A goal is scored when the whole of the ball passes completely over the goal line, between the goal posts and under the crossbar. No score is kept or recorded for Instructional soccer.

**Law 11 – Offside**

Not enforced.

**Law 12 – Fouls and Misconduct**

SAY rules will be used to govern fouls and misconduct for Instructional players (U5 and U6). Coaches must explain ALL infringements to the offending player. Slide tackling is absolutely prohibited. No cards will be issued for Instructional players or coaches.

**Law 13 – Free Kicks**

All free kicks including kick-offs are **indirect** free kicks. Free kicks are taken at the spot of the foul or where it left the field of play. The player kicking the ball may NOT score directly from a indirect free kick. Opponents must be at least three (3) yards from the ball when the kick is being taken.

**Law 14 – Penalty Kicks**

None.

**Law 15 – Throw-Ins**

For Instructional players, throw-ins will be replaced with a kick-ins, which is awarded when the ball completely crosses the touch line (sideline). The ball will be placed on the line where the ball crossed. A kick-in is an indirect free kick and opponents must be at least three (3) yards from the ball when the kick is being taken.

**Law 16 – Goal Kicks**

A goal kick is awarded when the attacking team kicks the ball over the goal line (endline). The goal kick is taken from within the goal area by the defending team. Opponents must be in their own half of the field until the ball is kicked.

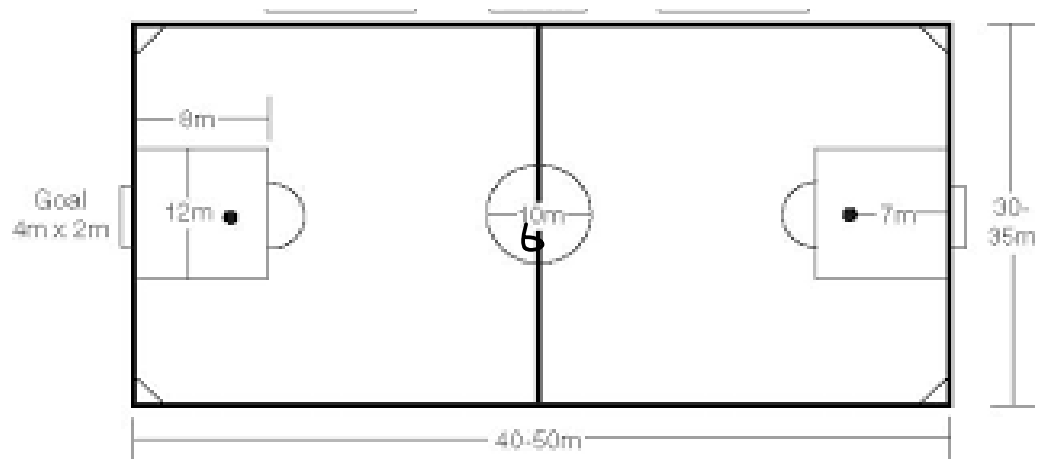
**Law 17 – Corner Kicks.**

The corner kick is taken from within the corner arc by the attacking team. Opponents must be at least three (3) yards from the ball when the corner kick is being taken. When an improper corner kick is taken, coaches should stop play, explain the proper procedure to the player and allow the corner kick to be retaken.

Please consult the LSO Website (<http://www.lakotasports.org/soccer/recreationalfallspring>) to find other important coaching policy (including game rescheduling) information.

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Instructional Field Dimensions per SAY (LSO has modified)



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