

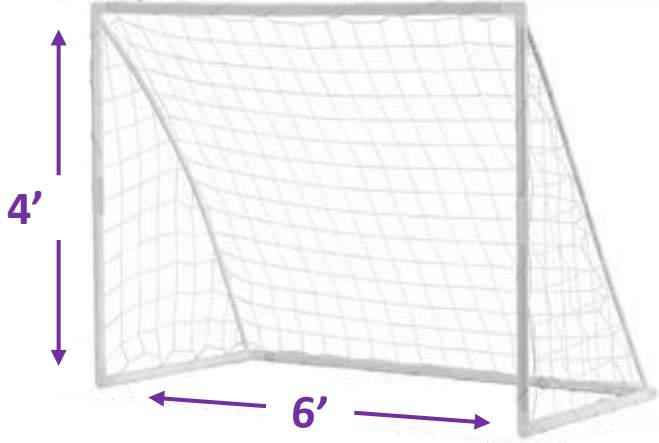
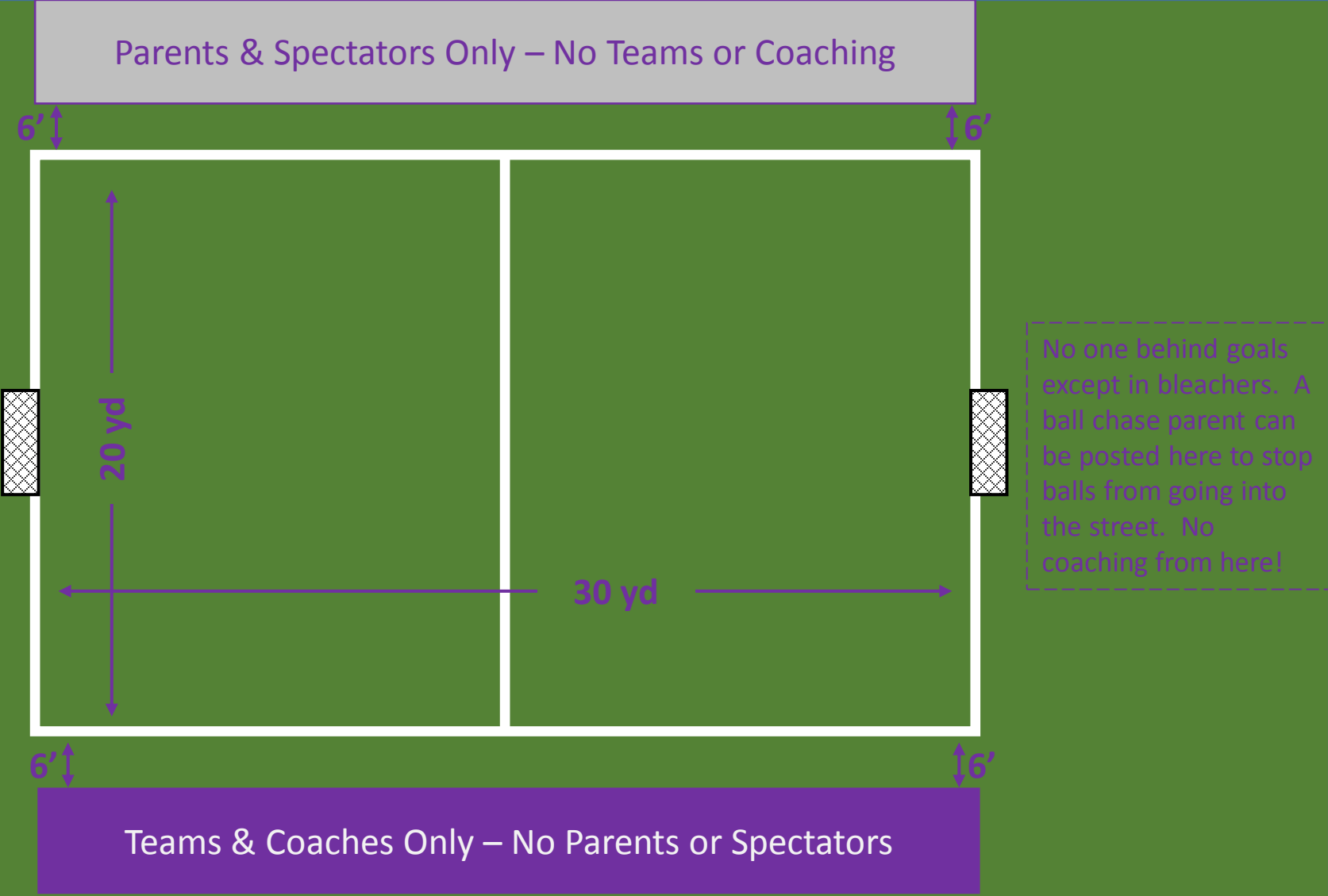


Rec 5U

Modified Laws of the Game

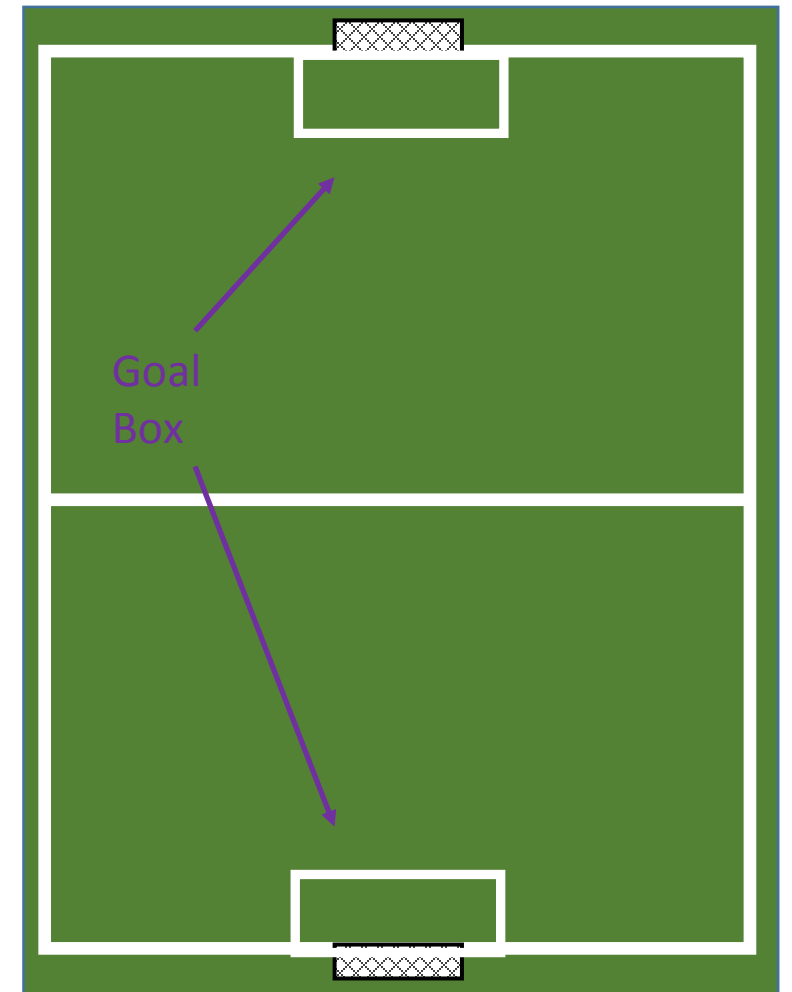
Fall 2020

Law 1 – The Field



The Goal Box

- It's only there as a ground reference for players that they are near the goal.
- Encourage them to shoot from outside of the box.



Law 2 – The Ball



- Size 3
- Properly inflated (8.5lbs)
- Home Team Supplies



Law 3 – The Players

- 3v3 (3 versus 3)
- No Goal Keeper
 - Encourage all players to attack.
- Substitutions
 - At any stoppage of play
 - Between quarters
 - For injuries or need to prevent injuries (e.g. heat exhaustion)



Law 4 – The Players Equipment



- Home Team – Green Jersey
- Away Team – Grey Jersey
- Shin Guards (fully covered by socks)
- Soccer Cleats Recommended (not mandatory)
 - No Metal Cleats
 - No Football or Baseball Cleats
- No Jewelry
 - No watches
 - No earrings

Soccer cleat



No spike in center of toe

Football cleat



Spike in center of toe

Law 5 – The Referee



- Team Coaches act as Referees
 - 1st Half – Home Team Coach is Ref
 - 2nd Half – Away Team Coach is Ref
- If both teams agree, one team coach may act as ref for entire game
- Required Items:
 - A whistle
 - A watch
 - A good sense of humor
- Player Safety #1 Job
 - Field Safety & Player Equipment Checks



Law 7 – The Duration of the Game

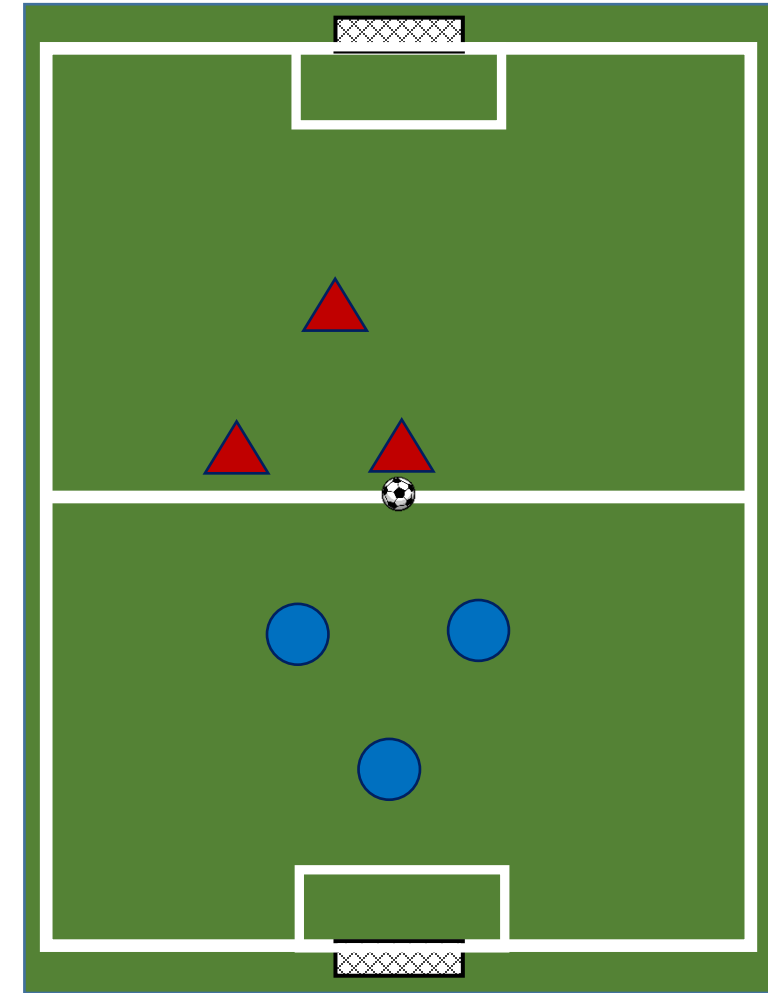


1st Quarter 8:00	Break 2:00	2nd Quarter 8:00	Half Time 5:00	3rd Quarter 8:00	Break 2:00	4th Quarter 8:00
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Law 8 – The Start & Restart of Play



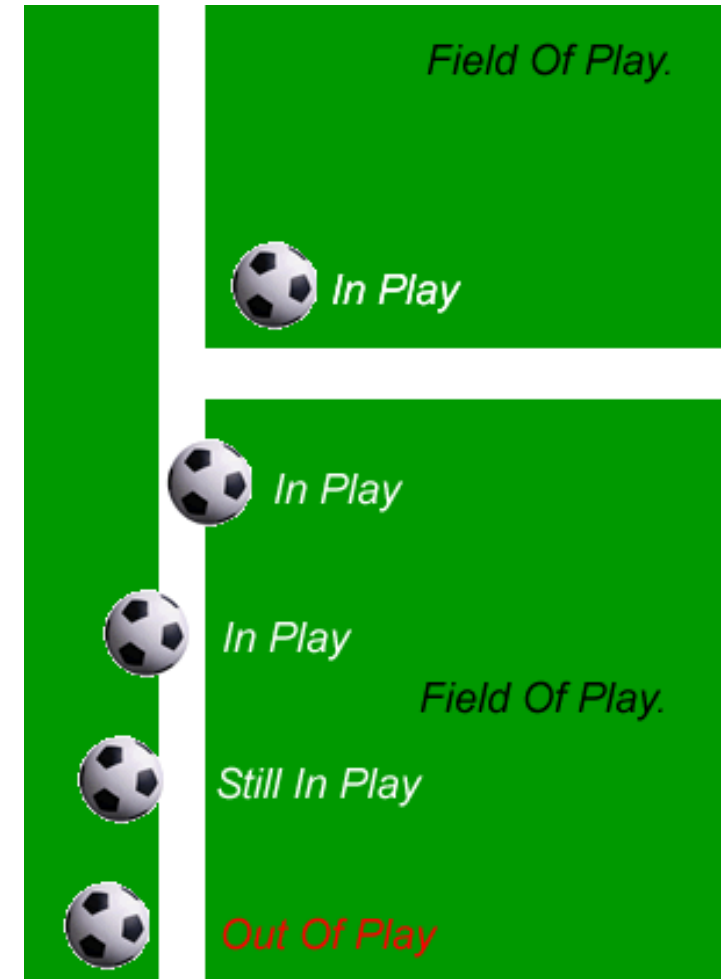
- Kickoff
 - Start the game with a kickoff from the half line (mid-field)
 - Home team takes 1st half kickoff. Away team takes 2nd half kickoff.
 - Attacking team may line up on (or behind) the half line.
 - Defending team must be at least 3 yds behind half line.
 - Ref sounds whistle to start play.
 - Ball can be played in any direction from kickoff.
 - Kickoffs are 1-touch only.
 - The player taking kickoff can not touch the ball a 2nd time until another play has touched the ball.
 - Can't score a goal directly from a kickoff.
 - If the ball goes into the goal, a Goal Kick is awarded to the opposing team.
 - After a goal is scored, use a kickoff to restart play.
 - The team that surrendered the goal takes the kickoff.



Law 9 – Ball In and Out of Play



- Ball is out of play when:
 - It has entirely crossed the goal line or touch line (on the ground or in the air)
 - When the referee stops the game (e.g. for a foul)



Law 11 – ~~Offside~~

- No offside in 5U



Law 12 – Fouls & Misconduct



- Fouls result in a Direct Free Kick for the opposing team
- Keep the Game Flowing
 - Better to let the game flow than stop it for infractions the players can't understand.
 - Handballs are probably a good reason to stop play.
 - Be lenient on the 1-Touch rule
- No heading allowed!
 - Foul if a player **deliberately** heads the ball.





US. Soccer's Concussion Initiative

- If a player is suspected to have a head injury, the referee must stop play to allow for treatment/evaluation.
- The player with the suspected head injury may not return to the game until cleared by:
 - a Health Care Professional
 - or a Certified Athletic Trainer
- The referee can end the game if any coach or parent insists on returning the player without approved clearance.

Law 13 – Free Kicks



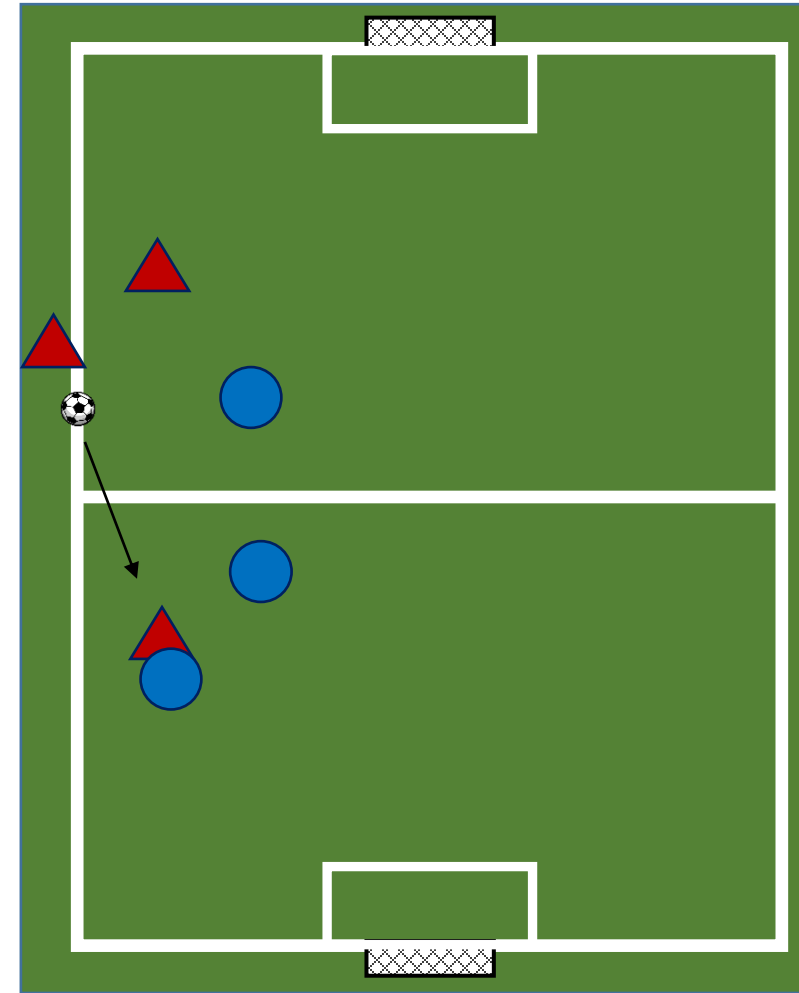
- All fouls result in an Direct Free Kick (DFK)
- Defenders must be at least 3 yards from the ball.
- Can score a goal directly from a DFK
- 1-touch rule – like the Kickoff



Law 15 – ~~Throw-In~~ Kick-In



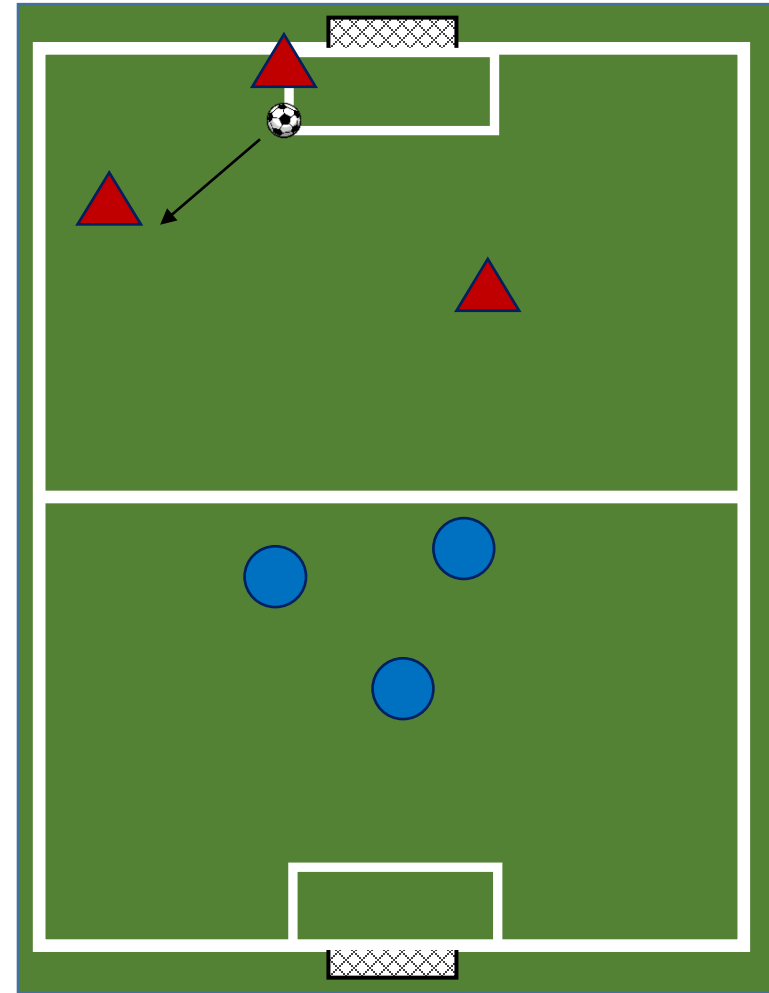
- If ball goes out of play over the touch line (side line), restart is with a kick-in
 - No throw-ins for 5U
 - Ball is placed on the line at the spot where it went out
 - Opposing players must stand at least 3 yds from ball
 - Can't score a goal directly from a kick-in
 - Ball in the net results in a goal kick for the opposing team.
 - 1 –touch rule like the Kickoff



Law 16 – The Goal Kick



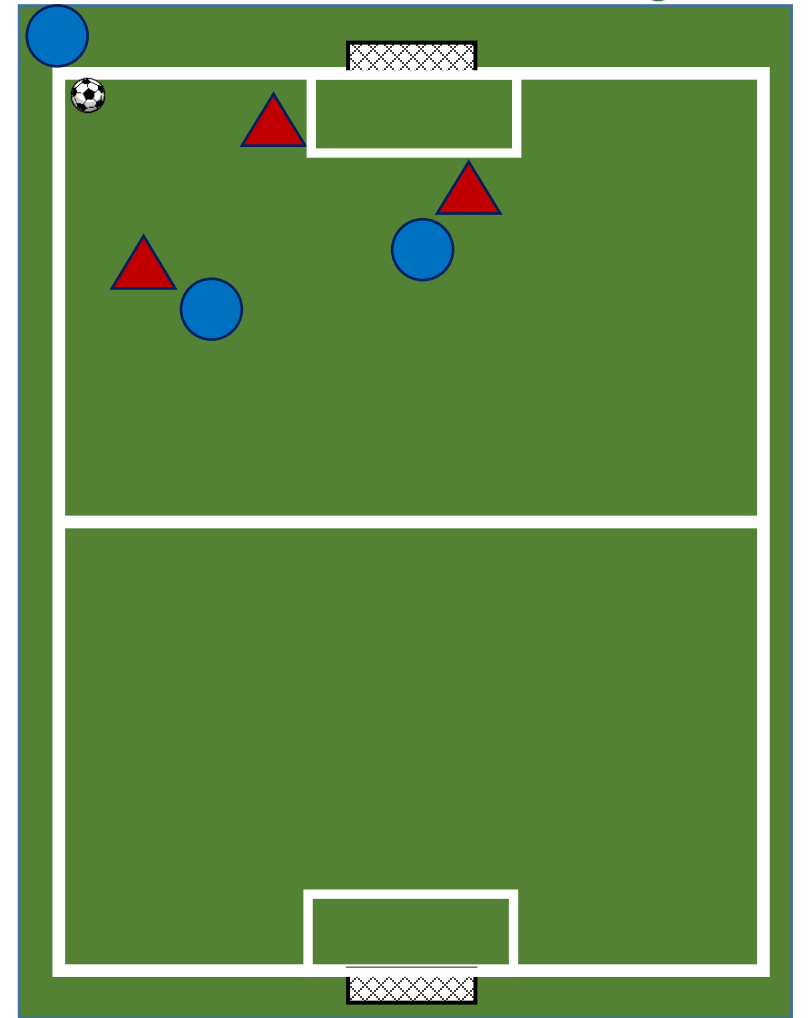
- Goal Kick awarded if:
 - Ball goes out of play over the goal line
 - and was last touched by the *attacking* team
- Goal Kick taken from the goal box line.
 - 1-touch rule like the Kickoff
- Opposing players:
 - must move behind the half-way line
 - cannot cross the half-way line until the ball is in play.



Law 17 – The Corner Kick



- Corner Kick awarded if:
 - Ball goes out of play over the goal line
 - and was last touched by the *defending* team
- Corner Kick taken from corner of the field nearest where ball crossed the goal line.
 - 1-touch rule like Kickoff
- Opposing players:
 - must be 3 yards from the ball



Ending the Game

- Ref sounds the whistle 3x
- Teams line up and shake hands
- Players enjoy the snacks

