



DECATUR-DEKALB YMCA
SPRING SOCCER 2016

U6 & U5 Rules:

1. Size 3 balls will be used for games, game balls will be provided by the home team.
2. Play will consist of 3 vs. 3 with no goalkeepers.
3. Coaches are allowed on the field during games. A coach from each respective team will be on each half of the field and both coaches will act as officials for the game.
4. Each game will be divided into four (4) quarters of eight (8) minutes each. Coaches will substitute players every four (4) minutes; substitutions should be completed with one (1) minute. When substitutions are made at each 4 minute interval, all players on the field of play should be substituted; this will prevent any player from being out for an entire quarter.
5. Half time will be 5 minutes in length.
6. Each age group will use the “New Ball” Method during the game. No throw-in’s or corner kicks will be used during the New Ball method. Instead when a ball travels out of bounds, a coach or parent will announce “new ball” to the players and will gently roll a new ball onto the playing field. This will allow the players to have more touches during a game. Coaches must have parent volunteers on the sidelines to help shag balls and help throw balls into the players.
7. During the New Ball method coaches should try to throw a ball onto the field near a player that has not had a chance to touch a ball. This will help allow all players a chance to touch the ball whether they are aggressive or not. Also the coach should throw a ball towards the goal of a team that has not scored yet to help the team be successful, especially if the other team has scored several goals.
8. The New Ball method is used to help promote the basics of the game, dribbling and passing.
9. Defending players will not be allowed in the goal box area without attempting to play the ball. This rule is designed to discourage players from “guarding the goal” since goalkeepers are not used at the age level. Please do not allow players to stand in the goal box when the ball is not in the area.

10. Individual game scores will not be kept as well as win-lost records. All players are winners at the YMCA!