

Parents, Coaches, and Players shall shake hands after the game is completed

No score will be recorded

No more than 2 coaches per team (recommended sitting in a chair)

Parents shall not instruct players during the game

Parents or coaches cannot stand behind end lines/ goals

Ball – Size 3

Number of players – 4 per team (no goalie)

Duration of Game – 4 equal periods of 8 minutes

2 minute break between quarter 1 and 2, and another between 3 and 4

5 minute break for half time between quarter 2 and 3

Substitution – shall be made at quarter breaks or half time only (excluding injuries)

Playing Time – all players will play a minimum of 50% of the game

Throw-in – shall be kicked in from sideline, opponents must be a minimum of 3 yards away

Indirect kicks – all free kicks, kick-ins, corner kicks, and goal kicks shall be indirect

Opponents must be a minimum of 3 yards away.

No Off-side rule

No heading – intentional heading the ball will award an indirect free kick to the opponent

Slide tackling is a foul resulting in an indirect free kick for opposing team

Recommended Coaching Class - National "F" License Course

The “F” license is a 2-hour course, conducted entirely online, intended for all parents and coaches of youth players. The focus of this grassroots course is to share U.S. Soccer’s best practices in creating a fun, activity-centered and age-appropriate environment for 5-8 year old players. Cost \$25

<https://dcc.ussoccer.com/courses/home/>