



Indoor Rules of Play Under 5

SYSI rules are adapted from FIFA rules of the game based on the specifics of this age group as well as the conditions offered in the indoor venues available. Please see the comments section for detailed tips on each law.

LAW # 1 – INDOOR FIELD OF PLAY

- **Indoor facilities:**
 - Various Elementary School Gymnasiums
 - SaskTel Sports Centre ~ STSC (Jamboree Games)

- **Field surface:**
 - Indoor hard court or wooden floors ~ school gymnasiums
 - Indoor $\frac{1}{8}$ field turf ~ STSC

- **Field size:**
 - Indoor hard court gyms ~ varies
 - Recommended width: 15-25 yards; length: 25-35 yards
 - Indoor $\frac{1}{8}$ field turf STSC ~ 16 x 26 yards

- **Field markings:**
 - Existing lines on the field and additional cones if desired.
 - The center divides the field of play in 2 halves with the center point (kick off) at the middle of the center (halfway) line.
 - No penalty area in U5 indoor.

- **The goals:**
 - Must be placed on the center of each goal line ~ 8-9ft width x 4.5-5 ft height
 - We want to offer the kids the experience of scoring the goal which is one of the most rewarding experiences in soccer. The more goals the better!
 - Goals can be scored from anywhere on the field but must pass under the height of the crossbar or flag and between the posts or flags cones.
 - Safety First: No cross bars with ropes etc.
 - If goals are not available an alternative solution the entire goal line (or the entire back wall) can be considered a goal if the ball passes entirely the line (or touches the wall)
 - Where only cones are, available judgment is best! Remember this is not meant to look like adults playing.

LAW # 2 – THE BALL

U5 = Size 3

- The ball must be appropriate for the age of the player.
- Size 3 ball is smaller and lighter allowing an easier kick, dribble or pass.
- Please ensure that the ball is pumped up, but with a small amount of “give” to assist players with ball control. Remember safety first.

LAW # 3 – THE NUMBER OF PLAYERS

- **Format of play is 3 vs 3** on the field at any given time with a recommended number of 6-9 players for each team.
- **No Goalkeepers** at Under-5.
 - o Rational: There are no goalkeepers at U6 and that allows all the kids to chase the ball down the field. The action is where the fun is and the fun is where the ball is. This will allow the kids to further develop primary basic skills (running, jumping) as well as soccer specific abilities (kicking the ball, dribbling, passing). The players will be in contact with the ball a lot more and that will also allow them to experience “the decision making process” a lot more, often enhancing their early knowledge and allowing for the reflexes (connections brain-muscles) to be formed. Playing very often offense and defense, the players will also SLOWLY begin to understand the concept and role of teammates.
- **Intermissions** are called roughly every 5-8 minutes, which allows for substitutions of all players on the field.
 - o Rational: players that are changed every 2 – 3 minutes very seldom touch the ball during that time (sometimes never touching the ball). With a longer consistent time on the floor the players will have more of an opportunity to touch the ball and learn to play the game, enjoying their soccer experience.
- **Substitutions** are permitted and are unlimited.

LAW # 4 – THE PLAYERS EQUIPMENT

- Players should wear equipment that is safe to both themselves and others.
- Each team should try to wear colors that differentiate clearly from each other.
- An official “soccer kit” includes a jersey, shorts, socks and shin-guards.
- Equipment should be safe for all the players and distinctive between the 2 teams.
- Shirts should be tucked in and socks should be pulled up over the shin-guards. This is done in case the shin-guards have edges to them that may hurt their fellow players.
- Shoes should not be wet!! Don’t let players on the court with wet shoes as it creates a danger for everyone! Remember safety first!

LAW # 5 – THE REFEREES

- Coaches / Assistant Coaches / Parent are the referees.
- Coaches are encouraged before each game to talk with their counterpart concerning rules of play.
- Make sure that the rules are followed and that the Fair Play nature of the game is followed. Remember kids emulate adults all the time.
- Each coach should stand outside the field of play in his or her own half of the field.
- **We are here to make the game enjoyable for the children, parents and fans watching the game come second!**

LAW # 6 – DURATION OF THE MATCH

- Coaches are encouraged to discuss length of game time at the start of their scheduled hour.
- Teams are recommended to play fun drills, games or warm up activities for the first 20 minutes. Overall recommended duration of the game is a total of 32 minutes with 2 x 16 min halves with timeouts roughly every 8 minutes.
- Estimated 4 x 8-minute substitution changes

LAW # 7 – KICK-OFF AND RESTART OF THE GAME

- Always takes place from the center point (visible or imaginary) of the halfway line of the playing area.
- At the kick-off to start the game and after a goal is scored the opposing team will retreat to their half of the field and cannot move forward until the kick has been taken.
- Opposing players must be at least 3 meters (4 yards) away from the ball at the kick off after a goal and/or the start of the game and/or half time.
- The ball must move forward.

LAW # 8 – THE BALL IN AND OUT OF PLAY

- **Out of Play – Walls are Live!!!**
- When playing in school gyms, please make sure that the nets are against the back wall and no room is in between the back of the net and the wall (the players cannot go around the net hockey style). In other words, the wall behind the net is not live when the net is not against the wall.
- After the ball goes out of play, which means the ball hits the bleachers, goes into stands (stages), into player's benches, off of a parent, or off the ceiling, or any other amenity considered to be "Out-of-Play" the game is restarted by a Kick-in or Dribble-in (see below for explanation), where the ball went out of play.
- It is recommended that whenever possible, spectators are not to interfere at all with the game and watch from the stages/stands. If there are no stages or stands to watch the game from, spectators are to move out of the way of the ball. Spectators are not to allow the ball to bounce off of them or to kick it back into play.
- The Kick-in or Dribble-in shall be taken by the team that did not TOUCH the ball last. Opponents must be at least 3 meters (4 yards) away from the ball on all the above.

LAW # 9 – SCORING AND OFFSIDE

- There is no offside in mini soccer. Goals can be scored from anywhere on the field, but cannot be scored directly from a kick-off, Kick-in, Dribble-in or an indirect free kick.

LAW # 10 – FOULS AND MISCONDUCT

- Even though fouls in the game occur, they are almost always unintentional. Remember the age of these children in front of you. So when fouls occur such as tripping, kicking, pushing, handling the ball intentionally, etc the opposing team is awarded an **INDIRECT FREE KICK**. This means that the ball must first be passed to another player before a goal can be scored.

- The coach/parent should explain all the infringements to **EVERYONE** including the player who committed the foul. This will assist in not alienating the player and gives everyone an explanation of what is not correct behavior on the soccer field.
- No caution of send off should be issued to the players.
- **SLIDE TACKLES ARE NOT ALLOWED** in indoor soccer. Players are not allowed to leave their feet or “go to ground” to win the ball from the opponent. If any coach is found to be allowing this from their players, Disciplinary Action will be taken.
- **NOTE:** With walls being in play the chance of injury due to players being pushed into them does increase. Please instruct your players to be **CAREFUL** when approaching the walls. Make sure that players that do create these unfortunate accidents are explained the reasons why it is dangerous.

LAW # 11 – KICK-IN AND DRIBBLE-IN

- **THE KICK IN** – considered **INDIRECT** free kick, the ball must be passed before a goal is scored. The kick in will be taken from the place the ball went out of play with the opponents at least 4 yards away until the ball is in play.
- **THE DRIBBLE-IN** – considered **INDIRECT**, the ball must be passed before a goal is scored. The player can dribble the ball into play from the place the ball went out of play with the opponent at least 4 yards away until the ball has been touched by the player.
 - Rational: This is for players who are unable to kick it far enough, instead of the game being stopped because the player touches the ball again. Only use this restart if absolutely necessary.
- The kick in will be taken from the place the ball went out of play with the opponents at least 3 meters (4 yards) away until the ball is in play.

Team Practices & Player Equipment/Jerseys

- Saskatoon Youth Soccer is not responsible for providing team equipment or jerseys for the teams as well as booking practice times.
- Practices are scheduled and determined between the team coaches and the Community Soccer Coordinator. Player equipment will be picked up by the coach from your Community Soccer Coordinator.