

Rules Applicable to U5 (Pre-K aka TimBits) Games

1. **BALL SIZE** – The ball sized used should be size 3.
2. **PRACTICE SPECIFICS** – The first 20 minutes of assigned field time will be for team skill building.
3. **GAME SPECIFICS** – The last 25 minutes will be a scrimmage game. There will be four players per team playing on the field at a time (4 v 4) with no goalie played, no referee and no official scorekeeping.
4. **SUBSTITUTIONS** - Substitutions may be made at any time during stoppage of play. Due to shortness of time there will be no quarters or half time. Any player suspected of suffering a head injury must be substituted for evaluation.
5. **EQUIPMENT** – The basic compulsory equipment of a player is a jersey or shirt, shorts, socks, shin guards, and footwear. Shin guards must be made of a suitable material and sized to provide a reasonable degree of protection. Coaches should check their players prior to the start of each practice or game for basic equipment.
 - a. **JEWELRY** - Coaches are responsible for making sure that players remove all jewelry, watches, rings, earrings, bracelets, hard barrettes and any other items deemed improper.
6. **FREE KICKS** – USSF rules apply. No penalty kicks. If there is a handball within the area then the ball should be placed outside the goal area to restart the play.
7. **OFFSIDES** – no offside rule at this level.
8. **SLIDE TACKLING** – no slide tackling allowed.
9. **HEADING**- no heading allowed; when a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
10. **THROW-INS** – USSF rules, except re-throws are allowed to encourage proper technique.
11. **HELP THE KIDS** – The coach can be on the field at all times.
12. **LOCATION OF SPECTATORS**: Spectators are to be on one side of the field and both coaches and their players on the other (unless there is no free side in which case, the coach and spectators from each team will share one half of the pitch). No one may stand behind the goal line. All spectators must stand back at least 3 feet from the sideline.
13. **IMBALANCED GAMES** – The coaches are not required to enforce this rule. However, it can avert problems and is good sportsmanship. The rule provides that if one team is ahead by 4 goals, the winning team is required to take action to prevent the running up of the score and to make it a more fun game for the other team. This can mean pulling players, moving aggressive players to defense or other steps to even the game. Telling a player not to score or playing keep away does not meet this requirement.
14. **OJECTIVE** – Make the practices and games fun for the kids. Keep them moving and keep them involved in what is going on. Better to be participative for the kids, even if a little hectic, than losing their attention at this age. At this age the goal is to get them to equate fun with soccer.
15. **BAD WEATHER POLICY** – NAYSL follows the bad weather policy of OSYSA. The policy is posted on the parks web site soccer page www.naparks.org. In general, if there is any potential danger to players, coaches, etc. please cancel or re-schedule your

practice/game. Because there are no referees at this age, it is up to the coaches to make this decision. Feel free to consult with any referee at the fields, if in doubt.