

u5 / u6 Division Rules – Spring 2026

Points to remember for U5 / U6 play:

- In the event of poor weather, assume the games are on as scheduled unless notified by a league official. Games are **NOT** cancelled for rain.
- Play is 5 vs 5
- The number of players fielded by both teams can be adjusted downward based on player attendance.
 - Both coaches need to agree to play with a reduced number of players.
- Quarters are 8 minutes.
- Ball size is number 3.
- There are no goalies.
- Players are not to “camp out” in front of the goal in effect being a pseudo goalie. Players must move forward when the ball is played forward.
- The objective is to maximize “touches” for each player. If the score ends up 13 – 9, so be it.
- Games will be AYSO refed unless a ref is not assigned.
- Players will be checked in for the correct equipment before start of game
- Coaches will provide the referee with a lineup card before start of game.
- Before the start of quarter, the coach is to check the lineup card to see who is sitting out for the other team. The referee is to validate this.

➤ **BALL METHOD AND RULES** – The goal of this is to increase the number of touches on the ball for the players as in other organizations the touches have doubled or tripled by implementing the “new ball method”. This method will speed up the game, produce more goals and more excitement, while at the same time de-emphasizing the importance of scoring and emphasizing play and fun.

This method can be used to get non-assertive players involved by rolling the new ball to those players; and can be used to even the playing field in a lopsided game. At this age, score is not kept, there is no win/loss record, and the emphasis is on playing, having fun and sportsmanship, not winning.

Unlike at the higher levels, at this age, goal kicks, corner kicks, and kick-ins do not provide the tactical advantage for the kicking team and can often be a disadvantage. Consequently, re-starts substantially slowing the game with no benefit to the player or spectator.

The new ball method has proven to be a great success with clubs around the country that have adopted it.

Game Rules:

Whenever a ball goes OUT OF PLAY; a coach announces, "New ball!" and rolls another ball into play.

- **NO** Throw ins or Kick ins!
- - **NO** Goal Kicks!
- - **NO** Corner Kicks!
- - **NO** Free Kicks!

Referee Responsibilities:

- Pre-game check-in
- Determine goals and keep score
- Whistle for ball out of play; coach to throw in from where the coach is standing.
- Do restarts after a goal or at half start
- If there is no referee, the coaches are responsible for controlling the game.

The two coaches assign themselves each to half of the field and carry one or two balls in their arms.

- Putting a ball back into play
 - The 'new ball' should be rolled to neutral space or toward the disadvantaged team.
 - OR, Favor the team on the wrong end of a one-sided game.
 - Favor individual players who are not becoming involved in the game.

The coaches keep time (alternating quarters), or a volunteer parent can keep time. Time limits must be adhered to in order to prevent delays of all the games later that day.

- Do NOT bounce the 'new ball' as it is difficult for these players to judge a bouncing ball at this age.
- The opposing team are to be 10 ft back on a restart kick.
- No goals can be scored directly from a restart kick.
- No penalty kicks.
- No jewelry of any kind during games or practices. Earrings must be removed prior to the game. Tape or band aids covering the earrings are not acceptable.
- Substitution: Every player must play in at least half of the game. It is recommended players play equal time and rotate positions. The games in AYSO are about **player development** and playing only one position limits the player's development.
- No player should play a 2nd quarter until all players have played a 1st quarter and going forward. This rule is progressive for all four quarters of the game.
- Players must have shin guards and shin guards must be worn under the socks.
- Players cannot wear shoes with toe cleats.
- Players cannot play if bleeding.
- Teams should do what they can to avoid running up the scores.

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