



## U5 GAME RULES & FORMAT

**Please refer to this document for a general overview of the U5 Walnut Creek Soccer Club Recreation Soccer Program. This document will include information on all game day policies and procedures, rules and expectations, and fields for U5.**

### **Season Overview**

- One day a week in a play and practice format
- Practices / Season starts on early September and ends in early November
- 8 total practice/games are scheduled

### **U5 Game Day**

- Number of players on one field is 3 v 3
- Maximum of 4 players on the field and minimum of 2 players
- Game Length 3x7 min quarters (3 minute breaks between periods)
- All players must have equal play time
- Substitutions can be made at any time without stoppage
- Size 3 balls used
- One Head Coach and one Assistant Coach only in the technical area during the game
- All coaches must wear their club issued coaches shirt and badge during the game
- No referees will be officiating these games, only coaches.
- 2 Portable goals will be used per field for games and found in the knock boxes (the Club will send a map of the field and the knock box location).
- Goals will need to be assembled and/or disassembled at the field.
  - HOME team(s) scheduled for first game of day setup field
  - AWAY team(s) scheduled for last game of day clean up field

- HOME team uniform - BLUE jersey
- AWAY team uniform - WHITE jersey

## Start and Restart of Play

- The ball is kicked off to start the game and after a goal from the exact center of the field. The ball is in play once it is kicked and moved and may not be touched by the player who kicked off until another player from either team has touched it. This will result in a re-kick.
- Play is considered dead when the ball **completely** crosses the goal line or touchline (painted sideline). If any part of the ball is on the field or touching the line, the ball is still in play.
- Whenever a ball leaves the field of play, the coach running that quarter will say "New Ball!" and roll another ball into play.
- There will be no throw-in, free kicks, goal kicks or corner kicks. The coaches will have 5-7 balls ready to re-start the play. Before the game they will determine which two-quarter's each coach will introduce the New Ball. The ball is rolled into play, not bounced or thrown into play.
- Putting a ball back into play - The 'new ball' should be introduced to balance the game in any one of four ways:
  - a. Ball is rolled to neutral space
  - b. Ball is rolled toward the disadvantaged team
  - c. Ball is rolled to favor the team on the wrong end of a one sided game
  - d. Ball is rolled to favor individual players who are not becoming involved in the game
- See the website for more information including a helpful video regarding the [New Ball method](#).
- When a goal is scored, the team that got scored upon re-starts the game with a kick-off from the center of the field. If the Coach halts play due to injury or other event not covered in these rules, the game is restarted with a drop ball.

## Officiating

- There are no referees
- Coaches will be in charge of making calls that include: fouls, ball rolling out of bounds, injury stoppage, tracking time throughout the game
- No offsides

## Fouls

- Fouls include: tripping, handball (player's arm is stuck with the ball in a deliberate attempt to control the ball, abusive play (striking, kicking, and pushing opponent), and dissent
- When a foul occurs, the ball is played in (new ball method) to the team who received the foul
- Slide tackles are NOT allowed

### **U5 Fields**

- Murwood Elementary – 2050 Vanderslice Ave., WC 94596

### **Game Day Club Support**

In the event of any major issues such as field safety, equipment, sideline behavior issues, please contact:

Kenneth Henry  
925-451-8698  
recreation@wcsc.org





























