



## U5 – U10 MICRO SOCCER RULES – Laws of the Game

Rules of play are governed by FIFA, Federation International de Football Association, and the world governing body of soccer. Rule exceptions have been made by Cascade Micro in the U5 – U10 levels of play to provide an environment more conducive to teaching proper play to younger players. Cascade Micro requires all players, coaches, spectators and officials to follow the modified rules below.

### **LAW 1:** FIELD OF PLAY:

- A 25 x 18 yard rectangle. Recommended goal size is 4 x 6 feet. (U5 /U6)
- A 35 x 22 yard rectangle. Recommended goal size is 4 x 8 feet. (U7 /U8)
- A 45 x 28 yard rectangle. Recommended goal size is 6 x 12 feet. (U9/ U10)

### **LAW 2:** THE BALL:

- size 3 (U5 - U8)
- size 4 (U9/ U10)

### **LAW 3:** NUMBER OF PLAYERS:

- U5/U6 – 3 v 3 no goalie, max 8 on the roster
- U7/U8 – 4 v 4 no goalie, max 9 on the roster
- U9/U10 – 7 v 7 w/ goalies max 12 on the roster

**LAW 4:** PLAYERS' EQUIPMENT: ALL PLAYERS SHALL WEAR SHINGUARDS. Socks must be worn up and over the shin guards. All players shall wear the club designated uniform: jersey, socks, shorts, sneakers or soccer shoes (no toe cleats). A player may not wear anything that is dangerous to other players or themselves. Jewelry, including earrings, watches and bracelets, must not be worn. A player may wear extra protective clothing against the cold as long as the team uniform is worn outermost.

**LAW 5:** REFEREE: Should be trained and supervise all games. If one is not available, a coach, or staff, will step in to referee. ASSISTANT REFEREES: are not required.

**LAW 6:** HEADING: **Not allowed**, any intentional header will result in an indirect free kick during games.

### **LAW 7:** DURATION OF PLAY:

- 4 x 8 minute quarters (U5)
- 4 x 10 minute quarters (U6)
- 4 x 10 minute quarters (U7/U8)
- 2 x 22 minute halves (U9/U10)

**LAW 8:** START AND RESTART OF PLAY: Play is started at the beginning of the first and second halves and after a goal has been scored with a kick-off. A goal cannot be scored directly from a kick-off. All players are on their own side of the field and the defending players must be 6 yards from the ball. The kicker may not play the ball again until it has been touched by another player. The ball is in play when it is kicked. At the beginning of the first half, the home team will take the kick-off. The teams may switch ends and alternate the kick-off to start the second half.

**LAW 9:** BALL OUT OF PLAY: when it has completely crossed the goal line (end of field) or the touch line (side of field), whether on the ground or in the air, or when play has been stopped by the referee.

**LAW 10:** METHOD OF SCORING: When the ball passes completely over the goal line and between the goal posts and below the crossbar, or between and below the top of the flags serving as goal posts, a goal is scored. If cones are used to mark the goals, balls which knock over the cones are not counted as goals. **No record of the score is kept.**

**LAW 11:** BUILD OUT LINE: The “Build out line” is the line between the center circle and the goal area on both sides of the field.

**LAW 12:** OFFSIDE: When a player gains an unfair advantage by being closer to the opponent’s goal than the opponents. Offside is not penalized, unless in the opinion of the referee, teams are violating the spirit of the law by one or more players staying near the goal to receive passes from teammates (“Cherry Picking”) for 3v3 and 4 v4 fields. Offside is called for 7v7 past the “build out line”.

**LAW 13:** FOULS AND MISCONDUCT: Intentional fouls are rare at this age. Referees are encouraged to educate by talking to players about their fouls and misconduct. Deliberate or repetitive fouls, misconduct, and all slide tackles shall be penalized by awarding an indirect free kick to the opposing team. Fouls and misconduct are defined by FIFA. A soccer tackle uses the feet to get the ball away from another player. Very little body contact occurs. A legal soccer tackle does not result in players falling. A slide tackle is when a player slides on the ground with feet first to get the ball away from another player. **Slide tackling is not allowed.**

**LAW 14:** FREE KICK: Shall all be indirect (from which a goal cannot be scored unless the ball has been played or touched by another player other than the kicker before passing through the goal.) All opposing players must be 6 yards from the ball when a free kick is taken. The ball must be stationary and the kicker may not play the ball until it has been touched by another player.

**LAW 15:** PENALTY KICK: Is not used.

**LAW 16:** THROW-IN: After the ball passes over the touch line, a throw-in is awarded to the opponents of the player who last touched the ball at the point where it exited the field. The player making the throw-in must face the field of play and part of each foot shall be either on the touch line or on the ground outside of the touch line. When the ball is thrown, the player must keep both feet in contact with the ground, use both hands, and deliver the ball from

behind and over the head. The thrower may not play the ball again until it has been touched by another player. Retry is awarded at the Referee's discretion.

**LAW 17:** GOAL KICK: Shall be used when the ball goes out of bounds over the goal line and not through the goal and was last touched by a player of the attacking team. The ball shall be returned to play by the defending team. The ball must be placed on the ground at any point within the goal area, **once the goal kick is received by their teammate, the ball is in play.** The kicker may not play the ball again until it has been touched by another player. **Opposing team players must recover back, behind the "build out line" the opposing team may cross the "build out line" once the ball is in play.**

**LAW 18:** CORNER KICK: Shall be awarded when the ball goes out of bounds over the goal line and not through the goal and was last touched by a player of the defending team. The ball shall be returned to play by the attacking team. The ball must be placed within 1 yard of the corner of the field. The kicker may not play the ball again until it has been touched by another player. Opposing team players must be 6 yards from the ball when the kick is taken.

**LAW 19:** GOAL KEEPERS: For 7 v 7 Micro with goal keepers, **the goal keeper cannot drop kick the ball;** they can roll the ball to a teammate, or set the ball on the ground to play with their feet (recommended). When the goal keeper has the ball in hand, and for all goal kicks, **the defending team must recover back behind the "build out line".**

**LAW 20:** SPORTSMANSHIP: At the End of the Game, opposing teams and coaches will shake hands and thank the referee for officiating. (Excluded due to COVID Safety Protocols)

**LAW 21:** DISCIPLINARY: The disciplinary system of cautionable offenses (yellow cards) and sending-off offenses (red cards) used at the older age levels of soccer should not be necessary at the U5, U6, U7, U8 and U9/U10 levels. Examples of these offenses include unsporting behavior, dissent to the referee, persistently violating the rules, failing to yield 6 yards on indirect free kicks, failing to yield behind the build out line on goal kicks, violence, spitting and offensive, or insulting or abusive language or gestures. Referees are instructed to educate by explaining misconduct. Players or teams that do not respond to referee education may be reported to the Cascade Soccer Club Board. **Coaches and spectators who violate good conduct standards may also be reported to the CSC board.**