



U-5 Age Group

FORMAT:

- 3v3 on (2) fields simultaneously (Dual Field Method)
- No goalkeepers
- Throw-ins are replaced by kick-ins
- No official referees provided; coaches fill the role

FIELD:

- (2) - 30 x 20 yard fields located adjacent to each other
- Freestanding portable goals

GAME LENGTH:

- 4 equal quarters of 8 minutes in length
 - 2 minute breaks between quarters
 - 5 minute break during the halftime period
- Substitutions are allowed any time

EQUIPMENT:

- Size 3 ball
 - Shin guards are MANDATORY
 - Tennis shoes or soft-cleat soccer shoes (not football style cleats)
- Jewelry and casts (both hard and soft) are **not** permitted

EVERYONE plays a minimum of 50%; keep the game moving!