

- \* Everyone Plays®
- \* Balanced Teams
- \* Open Registration



- \* Positive Coaching
- \* Good Sportsmanship
- \* Player Development

## Ladera Ranch Soccer 5v5 Program Rules

The rules for play are in accordance with the FIFA Laws of the Game and AYSO Rules, with modification to meet the needs of the 5v5 Program.

### Game Rules

<b>Number of Players:</b>	7 player max per team (exceptions to be approved by the Winter Program Administrator). A max of 5 players on the field, with a 3 player min.
<b>Playing Time:</b>	All players are to play at least ½ a game
<b>Match Duration:</b>	20 minute halves with a 5 minute break between halves. RAIN or SHINE we PLAY! Unless determined unsafe due to Lightning or extremely major weather.
<b>Time Keeping:</b>	<p>First Game coaches are required to set up fields and last game coaches are required to take down fields. Equipment left out that is lost or vandalizes will be the responsibility of the teams that left it out.</p> <p>The Home Team coach on <b>FIELD 3</b> will be the Official Time Keeper (OTK) for <b>all 5 fields</b>. The Coach may assign the OTK task to any responsible person on their team. This means that the Home Team must have a whistle and stop watch. Whistle will be blown in the following order:</p> <ol style="list-style-type: none"> <li>1. 2 minutes before the top of the hour – 1 long whistle burst, OTK should loudly announce “2 minutes to game time”; “2 minute warning”; or something similar.</li> <li>2. On the hour – 1 short loud whistle burst to start the game, all games must start on time.</li> <li>3. 20 minutes – 2 long whistle bursts to indicate the end of the first half.</li> <li>4. 45 minutes - 3 long whistle bursts to indicate the end of the game.</li> <li>5. <b>No one may play longer than the whistle.</b></li> </ol> <p><i>Please clear the field and sidelines w/i 5 minutes to allow the next team (parents and players) to get settled and start warming up.</i></p>
<b>Referees:</b>	None. Coaches/Managers are to manage fouls, direction of throw ins, corner and goal kicks and injuries. The game should keep moving. Players being too physical should be removed.
<b>Game Format:</b>	Small sided field with 6’ pug goals or 6’x4’ Bow-Nets. There are no goalies and therefore no Goal-Tending: No kids may back into a goal and defend. There must be an area of at least 5 feet in front of the goal that is clear. The area can be marked by low profile cones.

<b>Substitution:</b>	Free substitution take place at stoppages (throw in, at half, before a kick off, etc)
<b>Re-Starts:</b>	<ul style="list-style-type: none"> <li>• For larger fields (Older groups) - only “kick ins” (no throw ins)</li> <li>• For the three smaller fields (younger groups) - throw-ins;</li> <li>• Goal kicks - placed on Goal Line;</li> <li>• Free kicks &amp; Corners - the opposing team must give at least 8 yards so that the ball may re-enter pitch.</li> </ul>
<b>Scoring:</b>	Ball must pass the plane of the Pug or Bow-Net Goal; Goals may not be scored by a throw in, indirect free kick, kick-off or goal kick. The idea is to keep the ball low and work on passing skills to move the ball forward. No score is kept. If a blowout is eminent, the teams can be shuffled, teams may institute a 4+ touch rule before being able to score again and/or have all the players on the leading team only use their opposite foot. A blowout is a score where there is a differential of 5 goals.
<b>Off Side:</b>	None (Please don't Cherry Pick)
<b>Fouls:</b>	All will result in an indirect free kick; there are no penalty kicks
<b>Coaching</b>	NONE! Let the kids play.

### **Equipment and Field Set Up**

<b>Jersey Color:</b>	<p>Each player will be provided two colored shirts that they must bring to every game.</p> <ul style="list-style-type: none"> <li>• Home team is Light or Bright</li> <li>• Away team is Dark.</li> <li>• Always bring both shirts.</li> </ul> <p>Jerseys will be passed out the first weekend of Play....Please check-in prior to game to get the team allotted jerseys...</p>
<b>Ball Size:</b>	<ol style="list-style-type: none"> <li>1. Size 3 (U5-U8)</li> <li>2. Size 4 (U9-U12)</li> <li>3. Size 4 if a U7/8 teams plays a U9/10 Team</li> </ol> <p><b>Home team provides the ball.</b></p>
<b>Shin Guards and cleats:</b>	<p>Mandatory; socks must cover shin guards; no exceptions.</p> <p>Cleats are not mandatory, turf shoes are recommended.</p>
<b>Field Set Up:</b>	Parents and Field Marshalls for the first game are to set up the field for the day; fields will be created using the quick lines.
<b>Field Take Down:</b>	The last game of the day needs to collapse the Bownets and put them back in their bag. Then take them to the corner of the field by the exit. How do you know if you are the last

	<p>game on that field:</p> <ol style="list-style-type: none"> <li>1. Check the game schedule.</li> <li>2. <b>If no one is waiting for your field, put the Bownets away. Do not guess.</b></li> </ol> <p>You are responsible for the equipment left out on the field and any trash left behind.</p>
<b>Questions or Problems:</b>	Email <a href="mailto:winter@ayso1455.org">winter@ayso1455.org</a> or call the Region at (949) 297-6145,

### Field Rules

<b>Cox Field Rules:</b>	<ol style="list-style-type: none"> <li>1. No dogs within the fenced around the field</li> <li>2. <b>Water Only on the turf;</b> No Gatorade, coffee, soda, sugary drinks, etc</li> <li>3. No sunflower seeds on the field</li> <li>4. <b>No parents may place chairs or stand on the turf;</b> only team members are allowed on the turf</li> <li>5. No Gum</li> </ol> <p><b>The use of Cox is a privilege, please keep it clean and respect the rules.</b></p>
<b>Spectator Seating:</b>	<b>NO spectators are allowed on the turf with chairs for any reason.</b>
<b>Code of Conduct:</b>	Same rules apply from the fall; Coaches control the touch line; disciplinary action will be taken for violations.
<b>Trash:</b>	All coaches are responsible to get parents to clean up trash; assign a team parent to make sure the field is clean.
<b>Field Issues:</b>	Email the field administrator at <a href="mailto:fields@ayso1455.org">fields@ayso1455.org</a> or find the LARMAC Field Marshall.



Coaches and Parents – Please remember this is a [Kids Zone](#).