

# *U-5 Mini Indoor Laws*

**THE BALL:** U-5 SIZE 3



**THE TIME:**

10 MINUTES PRE-GAME PRACTICE  
2 EQUAL HALVES OF 20 MINUTES  
5 MINUTES CHANGE OVER

**The Field:**

1/3 of the indoor field 50ft w x70ft

**Players Benches:**

Designate an area on the sideline and have players "sit" (could use a blanket)

Have a parent or two watch over bench area and keep track that all players are getting fair turns

**Player Changes:**

Player Changes should be every 3 minutes. All players will change at the Whistle.

**Number of Players on the Field:**

Each team will have 4 players on the field.

**Ball in and out of Play:**

- If the ball goes out the side or hits the net then the ball will be placed where it exited the field. It will be placed on the ground and kicked into play by the team that did not put the ball out of play. All opposing players must be at least 5 yards away.
- If the ball exits the touchlines (goalies ends) then it will be a goal kick. Regardless of who touched it last.

- The goalie must kick the ball outside the crease

### **Goal Crease:**

- Only the goalie is allowed in the crease. No goal can be scored within the crease.
- The goalie is only allowed to use his/her hands inside the crease.
- And all goal kicks will be kicked within the goal crease.

### **Hand-ball:**

All intentional handballs will result in the coach awarding a direct free kick to the non-offending team. Players must be 5 yards away.

### **Aggressive behavior:**

Including- pushing, kicking, punching, hitting will result in a free kick to the non-offending team, as well as the player sitting for a 3 minute (1 shift) cool down (Coaches responsibility)

### **Rotation of Player:**

Coaches are encouraged to rotate the players on their team so that every player has an opportunity at each position. Each player should receive equal playing time.

### **The Coaches:**

- There will be one coach from each team on the field to help with the flow of the game. Each coach will take one side.
- One volunteer will be assigned to the whistle for shift changes at 3:00 minute intervals.
- One or two coach or parent from each team will be on the bench to direct the players on to the field.

**KEEP IT FUN!!!!!!**

