

Chino Hills AYSO Region 779

U5 – U8 Referee Guidelines

The following guidelines include the only elements of the Laws of the Game that apply to the AYSO Short Sided Game Program for U-5, U6, and U8:

The Field:

The recommended field size:

U5 field 30 x 15 yards.

U6 field 30 yards long, 15 yards wide (max).

U8 field 50 yards long, 25 yards wide (max).

The Goals:

U-5 games a maximum of 4 feet high and 6 feet wide.

U-6 games a maximum of 4 feet high and 6 feet wide.

U-8 games a maximum of 6 feet high and 6 yards wide.

The Ball:

A size 3 ball is used for U-5, U6, and U8 games.

The Teams:

Teams are divided evenly between each field. The visiting team switch field at half time. Substitutions are made at quarters, halftime and for injuries. A minimum of 3 quarters is required for each player and it is recommended that no one play 4 quarters until everyone has played 3 quarters. Separate boys and girls teams are recommended at all levels.

Players;

- **Number:** Divided evenly between both fields; **no goalkeepers.**
- **Substitutions:** Between periods, at halftime and for injuries.
- **Playing time:** Minimum of three periods per game and **no player should play four periods until everyone has played three.**
- **Teams:** Only players should be allowed on the field.
- **Coaches:** MUST remain on the sidelines. They are not allowed down by the goal area.

Player Equipment:

Shoes and **shin guards**, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended.

NOTE: The type and condition of cleated shoes must be inspected for safety before use.

The Start of Play:

To start the first and second halves, and following each goal in all age group games, play is started or restarted with a kick-off in the center of the field. A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Following a goal, the team scored upon kicks off.

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The Kick-off:

The kick-off is taken from the **center of the field** with each team in **their own half** and the team not kicking off at least **5 yards from the ball**. Do not insist the opponent be a minimum of precisely 5 yards from the ball as this is just a guide to give the kicker room to kick the ball without it immediately hitting an opponent. Remember, let them play and do not interfere for technicalities.

Ball In and Out of Play:

The ball is out of play in all age group games when it **completely crosses the touch line** (side line) or goal line (end line) either on the ground or in the air. In U5 games, the coaches will determine when the ball is out of play and should guide the restart, interfering as little as possible. It's the player's game, let them play and work on technique later.

Method of Scoring:

A goal in all age group games is awarded when the ball completely crosses the goal line into the goal. Goals should be enthusiastically celebrated by everyone. **In U5 – U8 games, goals are not recorded to determine who wins as everyone is a winner.**

Fouls and Other Stoppages:

Deliberate fouling should be rare in U5-U8 games. Kicking, tripping, handling the ball and dangerous play may occur. There should be few, if any additional reasons to stop play in U5-U8 games. If a player is “not playing well with others”, or if play must be stopped for any other reason (injury, substitution, confusion, or to watch a passing train, butterfly or frog), refocus the players and begin again with a free kick or as may be appropriate. Award the restart to whichever team deserves it.

Stoppages must not become a lengthy ceremony.

Direct free kicks for all fouls, with the opponents six yards away from the ball.

Free Kick:

Play may have to be stopped occasionally to “sort things out” in U5-U8 games. When this is necessary, correct the situation then restart with a free kick for a deserving team. The opposing team should be at least 5 yards from the ball in U5-U8 games. All free kicks in U5-U8 games are direct free kicks which means, if you're lucky, a goal can be scored directly from the kick without the ball having to be touched or played by another player on the field.

Throw-in:

When the ball goes out of play in U5-U6 games across the touch line (side lines) or the goal lines (end lines) without a goal being scored, a throw-in is awarded at the point it crossed the line. The throw-in is awarded to the team that didn't touch the ball last. In U5-U6 games, whether the throw-in is properly taken or not, let it go...teach proper

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technique later. Again, let them play with minimum interruption. Keep the game moving and fun.

U8 only: Corner Kicks

There are no Indirect Free KICKS.

There are no Penalty Kicks.

The ball is out of play in all U8 games when it **completely crosses the touch line** (end line) either on the ground or in the air by the defending team and a corner kick will be awarded to the attacking team.

NO's NO's in U5-U6

There are no Indirect Free KICKS.

There are no Penalty Kicks.

There are no CORNER KICKS.

Duration of Games:

U5 - Four 5-minute periods. Halftime break of 5–10 minutes.

U6 – Four 5-minute periods. Halftime break of 5–10 minutes.

U8 - Four 10-minute periods. Halftime break of 5–10 minutes.

Friendly reminder:

- They are children playing a child's game.
- They must be regarded as young children, not mini adults.
- They are essentially self-oriented and relate naturally to one or two others, not to large groups.
- Fun and activity factors must be a central part of a child-centered program.

Have a FUN, FAIR and SAFE Season