

ALAMOSA PARKS & RECREATION

2026 COED YOUTH SOCCER GUIDELINES for U5 (ages 4-5) & U6 (ages 5-6)

FIELD OF PLAY

Dimensions: Length = 80 feet x Width = 40 feet

Markings:

- Distinctive lines not more than 5 inches wide
- Field of play divided into 2 halves by a halfway line
- The center mark is indicated at the midpoint of the halfway line
- A circle with a radius of 12 feet is marked around the center mark
- 4 corner arcs with a 2-foot radius
- Goal kick lines: 2-three foot long lines, 6 feet from the goal line on either side of the goal
- Goal area: none
- Penalty area: none

Goals: 4 x 6 feet; **THE BALL:** Size 3

NUMBER OF PLAYERS

- A match is played by 2 teams, play can be 4v4 or 5v5; both coaches must agree on the number of players before the game begins.
- Game is played without a goalkeeper
- Substitutions are allowed at any stoppage and are unlimited
- Playing Time: each player should play a minimum of 50% of the total game time

PLAYER EQUIPMENT

The basic equipment of a player consists of the following:

- Reversible jersey is available to purchase from the Rec Center
- Shorts or pants are player provided
- Shin guards are mandatory and are player provided
- Socks should cover the shin guards and are player provided
- Footwear: tennis shoes or soft-cleated soccer shoes (player provided). NOTE: For safety reasons, players wearing either baseball or football shoes will need to remove (cut off) the toe cleat prior to participating.

REFEREES

- There will be no referees for U5/U6. These divisions will be coach-officiated. This is so that the coaches can also be on the field; and coach at the same time to help the participants better understands the game.

DURATION OF THE GAME

- The game is divided into 4 quarters, each 8 minutes long.
- Two 1-minute breaks: between quarters 1 and 2 and between quarters 3 and 4
- Half-time break of 5 minutes between quarters 2 and 3

START/RESTART OF PLAY

- The home team starts the kick off and visitors choose which goal to defend, and then alternate to start each quarter. Switch directions to start the second half.
- Opponent must be 12 feet from the center mark while the kick-off is in progress
- Ball must be passed to another player; no dribbling on kick-off
- Ball MAY travel backward on the first touch

BALL IN AND OUT OF PLAY

The ball is out of play during the following circumstances:

- When it has gone completely over the boundary line on the ground or in the air
- When the game has been halted by an official

The ball is in play at all other times, including:

- When it rebounds off a goalpost, crossbar or corner flag post and remains in the field of play
- When it rebounds off the referee when they are on the field of play

METHOD OF SCORING

- A goal is scored when the entire ball passes over the goal line.
- The ball must cross the goal line between the goal posts and under the crossbar.

OFF-SIDES: None **PENALTY KICKS:** None

FOULS AND MISCONDUCT

All fouls shall result in a DIRECT free kick.

- The referee will explain **ALL** infractions to the offending player before restarting play. No cards are shown for misconduct; however, the referee may send players off the field.
- If a player gets hit in the head by the ball during play, the referee shall stop play and check on the player for safety procedures. The ball will then go back to the offensive team who kicked the ball.
- The direct free kick is taken from the place where the offense occurred
- Opponents must be 12 feet away before kick is allowed
- The opposing team will be awarded a direct free kick if any player commits one of the following offenses:

- o Kicks or attempts to kick an opponent - o Trips or tries to trip an opponent - o Jumps at an opponent - o Charges an opponent - o Strikes or attempts to strike an opponent	- o Pushes an opponent - o Tackles an opponent - o Holds an opponent - o Spits at an opponent - o Handles the ball deliberately or if ball strikes hand in an advantageous way
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FREE KICKS All free kicks are DIRECT. Opponents must be 12 feet away from kick

KICK-INS

A kick-in is a direct free kick; opponents must remain 12 feet away from the ball. Throw-ins are not used at this age.

GOAL KICKS

- A goal kick is taken by a defending team player when the ball crosses the goal line/end line outside of the goal and when last touched by an attacking team player.
- The kick should be taken from the goal kick line located on either side of the goal
- Opponents must be at least 12 feet from the ball

CORNER KICKS

- The attacking team is awarded a kick-in when the ball passes across the goal line, last touched by a defending team player
- Opponents must be 12 feet away from the ball

ADDITIONAL YOUTH SOCCER RECOMMENDATIONS

- Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters
- After each game, each team shall line up and shake hands for good sportsmanship.
- Slide tackling is not allowed in this age group