

U5 & U6 Information Sheet

The following information is general guidelines that the **U5 and U6** Divisions teams follow in the Gunston Recreational Micro Soccer League.

Age of players

U5 Players who turn 5 years old on or after August 1st.

U6 Players who turn 6 years old on or after August 1st.

Team Size

Approximately 7 players per team and the teams play 3 on 3 in the field. In keeping with the spirit of this recreational league, everyone plays as close to equal time as the roster permits.

Rules of the Game

These Divisions follow modified FIFA rules supplemented by the Gunston Micro-Soccer rules (see website for the rules at <http://www.playgunstonsoccer.org/>)

- No goalies, all players play in the field
- Teams play on a 30 yards by 20 yards field
- Goal box is 6 yards wide
- Off sides is not called
- Penalty shots are not called and infraction stoppages result in an indirect free kick
- Substitutions are done at the quarter breaks and for injured or bleeding players

Uniforms

Player uniform consists of black socks, black shorts and uniform shirt. The league provides the shirt for all players each season, and provides shorts and socks for every first time Gunston player. Additionally, each player has to wear shin guards during all practices and games.

Referees

Both Divisions rely on volunteer, League trained, referees (mainly parents).

Schedules, Game Times and Dates

Both the Fall and Spring game schedules are created by the U5 and U6 Age Level Commissioner (ALC) with input and final approval from the Commissioner of the League. Most games for both Divisions will be held on Saturdays between

8:00 – 5:30. Coaches should get a schedule **a week or so before the first Saturdays games**, listing their division schedule. The entire league schedule is posted on the League's website. In order to meet the requirements of Fairfax County Park Authority (who owns and manages Grist Mill Park) we have to spread our Saturday game schedule throughout the day in order not to have more than 200 kids on the field at any one time.

Game length

U5 Division teams play games consisting in four 5-minute quarters. Two games will be played each Saturday, usually scheduled as back to back games.

U6 Division teams play games consisting in four 6/7-minute quarters. Two games will be played each Saturday, usually scheduled as back to back games.

Note: If games start late, quarters may need to be shortened to complete the game. Try to shorten all quarters equally. Both teams must be off the field before the time of the next scheduled game.

Ball size

Size 3 ball is used for both Divisions

League supplied equipment

Each coach from both Divisions will receive the following equipment from the League: 10 cones and 10 disks, 3 soccer balls (size 3), mesh equipment bag, 4 pennies, small first aid kit, and age appropriate coach's book. Returning coaches should request replacement equipment from the ALC when it is needed.

How rosters are filled

The ALC of each Division will fill the rosters as best they can using the following criteria:

1. Must have at least two boys or two girls on each roster.
2. Common zip code or school.
3. Special requests from individual player(s).
4. Equal number of players assigned to each team as possible.

The ALC will provide the coach with a roster with contact information and the coach will then contact each player to let the player know they have been assigned to your team.

The ALC will try its best to complete all rosters by the coaches meeting date. When you receive it, you will also get material for each player assigned to

your team. This includes: photo envelope, emergency care card(s) and kid safe forms. The photo envelope is filled out by the parents and brought to the team's photo day. The emergency care card should be filled out and returned to the coach to have at ALL practices and games. The kid-safe information form is filled out and returned to the League administrator each season.

Clinics

Each season there will be at a minimum a referee clinic and traditionally a new coach's clinic. These clinics will be conducted either by League administrators or in combination with professional soccer trainers.

League Meeting

Each season the league coaches will meet with the Board (the ALC's and the Head Commissioner) to discuss the upcoming season.