



## CHERRY HILL FC U5/U6 Division Rules

In the U5/U6 division, we have weekly sessions that last one hour. During those sessions, teams play small-sided games against each other. This means that we divide the teams into smaller units for game play, enabling each child to play all the time and most importantly, to touch the soccer ball frequently.

### 1) Weekly Sessions

- All participants should arrive minimally 15 minutes before game time. For coaches, this is absolutely necessary, as you might need to help move goals so that the games can begin on time.
- Coaches in the U5/U6 division are encouraged to schedule additional practice sessions with their teams at their discretion.
- The first 20 minutes of each session is intra-squad practice followed by a game.
- Games should be divided into eight-minute quarters and are played 4v4.
- Snacks should be provided at the conclusion of each game. Coaches will establish a rotating snack schedule.
- Every child should bring his/her own drink to every practice and game. This is critical.
- Equipment - All players are required to wear shin guards covered by socks at all practices and games. Cleats are recommended, but not required. Jewelry is not permitted. Team jersey is required to be worn at all game.

### 2) Small-Sided Game Play

- These small-sided games are played 4v4 and involve dividing each team into two halves, each of which simultaneously plays against a half of

another team. Thus, for every two teams, we have two separate games occurring at the same time.

- Coaches should not hesitate to exchange their players with the opposing team, or to shuffle who is playing in which small-sided game so that both games are evenly matched. One strategy is to have the more skilled children in one game and the less skilled children in the other game. Remember that the goal is for everyone to have a chance to touch the ball frequently.
- There should NEVER be goalkeepers in the U5/U6 division.
- A size 3 ball should be used in this division.
- The coaches should facilitate the games, acting as referees and instructors during play and being careful to ensure that everyone is having fun and getting plenty of chances to touch the ball. It is permissible to exchange players with the other team or to switch players between games in the interest of keeping the games fair and to provide the children with the best environment to learn the game of soccer.
- Substitutions must be made fairly to ensure that each player is on the field roughly an equal amount of time. It is understandable that it is nearly impossible to ensure truly equal playing time, but coaches should make every effort possible toward this end.
- Coaches should keep the rules to a minimum. See CHFC's "Guidelines for Small-Sided Games" for additional discussions on this topic.
- No punting, heading, throw-ins, goal kicks, corner kicks, direct or indirect kicks. Throw-ins are replaced by a simple kick-in.
- Proper restarts (start of the game, after a goal, for example) should be taught and practiced. Players should understand that the game has a start (kick-off) and a restart.
- Begin to use the proper language of soccer as you explain the game to the players.
- All coaches are required to read and abide by CHFC's Zero-Tolerance Policy. This will be strictly enforced. We encourage and expect the enthusiastic support of all parents for all players.

- No Player may play with a hard cast on any part of the body, unless the cast is properly padded or is legal sports cast, and is not dangerous in the opinion of the coaches.
- Dangerous play will not be tolerated. This includes slide tackles, charging violently or from behind, high kicks, tripping, pushing, hitting and kicking of players. Coaches are responsible for making sure that the players understand and abide by this rule (and all others).
- If there is an injury on the field and play is stopped, all players should kneel or sit until the injured player leaves the field of play. The injured player should be replaced with another player before play resumes with a drop ball.
- The opposing team and their coaches must shake hands/give high-fives after the game is concluded.
- The Mercy/Fairness rule will be enforced. Coaches are expected to keep the games close. Games must be adjusted in order to keep the game from getting out of control. There should be **no greater** than a **5 goal differential** at any point during the game. Rule of thumb, if leading by 3, the leading coach needs to make a tactical adjustment. When leading by 4, the leading coach must make an additional tactical adjustment as well as a lineup adjustment. It is the responsibility of the leading coach to make the adjustments. ***It is not the responsibility of the opposing team to simply "add a player."***

Coaches who violate this rule will be reported to the Dir. of Referees and the division Coordinator.

1. First Violation - Warning from division Coordinator or Director of Rec to head coach.
2. Second Violation - 1 match suspension of the head coach.
3. Third Violation - Suspension for remainder of season, including any postseason activities.

Note - The head coach is responsible for results as it pertains to this rule even if he/she is not present at the game(s) in question.

- All coaches are required to read and abide by CHFC's Zero-Tolerance Policy. This will be strictly enforced. We encourage and expect the enthusiastic support of all parents for all players.

### 3) Concussion Protocol

- If a player is suspected to have a head injury, the coach must stop play to allow for treatment and evaluation. A player with a suspected head injury may NOT

return to the match unless a medical doctor clears the player following appropriate guidelines. If a coach or parent insists on returning the player to the field of play without such clearance, the game will end.

#### 4) Parents

- All parents are required to read and abide by CHFC's Zero-Tolerance Policy. This will be strictly enforced. We encourage and expect the enthusiastic support of all parents for all players.
- Parents should always sit on the sides of the playing fields and never on the ends (behind the goals) of the fields or in any place that obstructs the coaches' and players' movement and view during the game.

#### 4) Inclement Weather/Cancellations

- Safety is our ultimate concern. With that said, soccer is an outdoor, multi-weather sport. Cancellations for inclement weather and poor field conditions are at the discretion of CHFC. The club maintains a website and various social media platforms and makes every effort to update game/field status **changes** in a timely manner. Cancellation notifications will be made prior to the start of the first game of the day.

Web Site: [www.cherryhillfcsoccer.com](http://www.cherryhillfcsoccer.com)