



West-Mont United Soccer Association

Character - Sportsmanship - Teamwork



Intramural Modified Rules

U5 - Nipper

- 1. Field size:**
Length: 30 yards
Width: 25 yards
Goal area: None
Penalty area: None
- 2. Ball:** Size 3
- 3. Number of players:** Two teams of four-five players without goalkeepers. Opposing Coaches will decide on the exact number of players per game and whether to match more aggressive players against similar types on the opposing team or to mix them up.

Substitutions: Are discouraged. Teams should play uneven if numbers dictate, e.g. 5 versus 4.
- 4. Players' equipment:** Conform to FIFA. Shin guards should be covered by high socks.
- 5. Referee:** Coach or Parent will act as the Official. The Official should take time to explain infractions to the player concerned.
- 6. Assistant Referee:** None
- 7. Duration of the game:** Roughly twenty-five minutes of practice followed by a five minute break and then two twelve minute periods. There will be a short break between periods for water and physical recovery. Total time should be about one hour.
- 8. Start of play:** All players must be in their own half of the field with one team kicking off. Opponents must be at least three yards from the center mark at kick off.
- 9. Ball in and out of play:** When the **whole** ball goes over the **whole** boundary line the ball is out of play.
- 10. Method of scoring:** A goal is scored when the **whole** ball goes over the **whole** goal line.
- 11. Offside:** Offside is not used in small sided games.
- 12. Fouls and misconduct:** All fouls result in an indirect free kick with the opponent at least three yards away. Officials should explain the foul in simple terms and let the game continue.
- 13. Free kicks:** All free kicks will be indirect. Indirect means that a goal may not be scored until the ball has been played or touched by a second player of either team.
- 14. Penalty kicks:** Not used in small sided games.
- 15. Kick in:** When the ball goes **completely** over the side line (also known as touch line) the ball shall be played back in by a kick in from the opposing team. This kick in is from the spot where the ball was last played out. Throw ins may be introduced at the Coaches' discretion, if agreed upon.
- 16. Goal kick:** If the ball is played over the goal line by the team attempting to score a goal the opposing teams puts the ball back into play with a goal kick. The kick should be taken within 2-3 yards of the goal with the opposing team at least 5-6 yards away.
- 17. Corner kick:** If the ball is played over the goal line by the defending team the opposing team puts the ball back into play with a corner kick. The opposing team must be at least 3 yards away.

18. **Miscellaneous:** If a team is losing by more than 4 goals that team may add a player until the deficit is under 4 goals.

Intramural U6 and U7 Rules

1. **Field size:**
Length: 30 yards
Width: 25 yards
Goal area: None
Penalty area: None
2. **Ball:** Size 3
3. **Number of players:** Two teams of four players without goalkeepers.

Substitutions: At any stoppage and unlimited.
Playing time: Each player shall play a minimum of 50% of total playing time.
4. **Player's equipment:** Conform to FIFA. Shin guards should be covered by high socks.
5. **Referee:** A Coach or Parent will act as the Official as decided upon by the two team Coaches. The Official should take time to explain infractions to the player concerned.
6. **Assistant Referee:** None
7. **Duration of the game:** Four ten minute quarters. There will be a short break between quarters for water and physical recovery.
8. **Start of play:** All players must be in their own half of the field with one team kicking off. Opponents must be at least five yards from the center mark at kick off.
9. **Ball in and out of play:** When the **whole** ball goes over the **whole** boundary line the ball is out of play.
10. **Method of scoring:** A goal is scored when the **whole** ball goes over the **whole** goal line.
11. **Offside:** Offside is not used in small sided games.
12. **Fouls and misconduct:** All fouls result in an indirect free kick with the opponent at least five yards away. Officials should explain the foul in simple terms and let the game continue.
13. **Free kicks:** All free kicks will be indirect. Indirect means that a goal may not be scored until the ball has been played or touched by a second player of either team.
14. **Penalty kicks:** Not used in small sided games.
15. **Throw in:** When the ball goes **completely** over the side line (also known as touch line) the ball shall be played back in by a throw in from the opposing team. This throw in is from the spot where the ball was last played out. The thrower delivers the ball from over and behind his/her head with both hands and has part of each foot either on the side line or behind it. If the throw in is made incorrectly, the Official may grant another throw in to correct the deficiency.
16. **Goal kick:** If the ball is played over the goal line by the team attempting to score a goal the opposing teams puts the ball back into play with a goal kick. The kick should be taken within 2-3 yards of the goal with the opposing team at least 5-6 yards away.
17. **Corner kick:** If the ball is played over the goal line by the defending team the opposing team puts the ball back into play with a corner kick. The opposing team must be at least 5 yards away.
18. **Miscellaneous:** If a team is losing by more than 4 goals that team may add a player until the deficit is under 4 goals.