



5U Youth Soccer Rules

2026

League Soccer Rules

I. **NAME:**

The name of the league shall be the Graham Recreation & Parks Youth Soccer League.

II. **ELIGIBILITY:**

- A. The date used to determine which age group a player is eligible to participate in is February 16th of the playing year.
- B. Each player's age will be approved by the Recreation Department.
 - a. 5U – players age 4-5
 - b. 6U – players age 5-6
 - c. 8U – players age 7-8
 - d. 10U – players age 9-10
 - e. 14U – players age 11-14
- C. A player may move up and play in an older league if he/she so desires, but after he/she has participated in one (1) league game with that team, he/she must play in that age group for the remainder of that season.

III. **PRINCIPLES OF YOUTH ATHLETICS:**

- A. It is the aim of the Recreation and Parks Department to provide organized games and activities, recreation facilities, supervision and leadership to its citizens in their ideals and interests in the area of leisure time activities and/or its organization.
- B. To promote the ideals of good sportsmanship, teach basic skills, develop individual talents, and provide an opportunity to enjoy the best possible recreation advantages and atmospheres.
- C. To recognize the youth participant as an individual with particular abilities and limitations. A great deal of consideration must be given to his physical, mental, emotional, and social development with every precaution taken to ensure that each is developed to its highest potential.

IV. **DISCIPLINARY ACTION:** (Including: parents, spectators, coaches, and players)

- A. Ejection from Game Minimum 1 Game Suspension
 - B. Unsportsmanlike Conduct Minimum 1 Game Suspension
 - C. Profanity Minimum 1 Game Suspension
 - D. Threatening an Official Minimum Suspension for remainder of season
 - E. Under the Influence Minimum Suspension for remainder of season
 - F. Fighting Minimum Suspension for remainder of season
- a. Any coach, parent or spectator suspended must leave the playing facility immediately upon ejection; however, a player may remain at the playing facility.
 - b. All suspensions will be reviewed by Recreation Staff in order to determine if further disciplinary action need be taken. All decisions concerning disciplinary actions by the Recreation and Parks Department are final.
 - c. Individuals can be suspended after the game for unsportsmanlike conduct by a game official or recreation staff member.

V. **DUTY OF THE COACH AND CERTIFICATION:**

- A. Each parent shall be responsible for seeing that their child is examined by his family doctor before he/she is allowed to play.
- B. The coach must have his/her team ready to play ten (10) minutes prior to game time.

VI. EQUIPMENT:

- A. Cleats are recommended to wear; however, tennis shoes are allowed as an alternate.
 - a. Cleats cannot have a toe cleat.
 - b. Only rubber cleats are allowed.
- B. Shin guards are required; they must be covered completely by socks.
- C. No jewelry, watches, beads, earrings or other hard items may be worn during games.
- D. Mouthpieces are not required but recommended.
- E. The official soccer ball will be furnished by the Recreation Department for all age groups.
 - a. 5U, 6U – Size 3
 - b. 8U, 10U – Size 4
 - c. 14U – Size 5

VII. OFFICIALS:

- A. All officials will be furnished and assigned by the Soccer Booking Agent.
- B. Officials will have complete control of all games.
- C. After the game has begun, the assigned officials or Recreation Staff will be responsible for discontinuing the game for any reason.
- D. The officials' decision on all calls will be final.

VIII. AWARDS:

- A. Individual trophies or medals will be awarded to the tournament champions and runner-up.

TOURNAMENT SEEDING TIE-BREAKERS

- A. Seeding will be determined by highest winning percentage; followed by
 - i. Head-to-head record among tied teams; followed by
 - ii. Goal differential in games among tied teams only; followed by
 - iii. Goal differential amongst every team; followed by
 - iv. Coin flip

PROJECTED DAYS OF GAMES

- A. 5U – Tuesday, Thursday
 - B. 6U – Tuesday, Thursday
 - C. 8U – Tuesday, Thursday
 - D. 10U – Tuesday, Thursday
 - E. 14U – Monday, Wednesday
- *Game days could change based on the number of teams in each division

CHANGES TO THE RULEBOOK

The Graham Recreation & Parks Department reserves the right to change, add, or remove rules from any age division at any time in the interest of the players and the league.

5U Soccer Rules 2026

Ball: Size 3 | Goal Size: 6 ft. long by 4 ft. high | Field Size: 30 yards x 20 yards

Quarter Length: 8 minutes

CLOCK RULES

- Games are played with four 8-minute quarters; 32 minutes total gametime.
- Time will be kept by a Graham Recreation and Parks Department staff member or a coach.
- There will be a running clock during game play with the following exceptions:
 - If there is an injury or interruption in the game.

PLAYING TIME RULES

- Athletes are required to play half of the match (16 minutes).
 - If an athlete shows up late this is adjusted based on when they arrive.
- Every 4 minutes substitutions will be required at the dead ball closest to the 4-minute mark.
 - The timekeeper will blow their whistle after a ball is out of play and ALL bench players must enter the game.
- If a player runs off the field at any moment a coach can bring a player off the bench while the ball is still in play.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- There will be a ten (10) minute grace period for the first game of each night.
- Games will be played 5v5.
 - No goalies.
- Goals cannot be scored directly from a kick-off.
- Goals cannot be scored from the inside of your own half.
- All games will be officiated by the coaches.
- Time will be kept by a staff member.
 - If a staff member isn't available a coach will keep the time.

GAMEPLAY RULES

- There will be no corner kicks.
 - Any ball that goes out of play across the end-line will be a goal kick.
- On goal kicks all players on the non-kicking team are required to be at mid-field before the kick is taken.
- Any ball that goes out across the side-line will be a throw-in
 - Players can have multiple attempts for a good throw-in.
- No goalies are allowed.

OFFSIDES

- Offsides will not be called in the 5U age division.
- Players should be encouraged to stay near an inside position when attacking.

FOULS AND MISCONDUCT

- Any foul committed will be called and will result in a free-kick from the position the foul was committed.

