

Age Group	Game Format
U4	3v3 or 4v4 depending on numbers, target 8-10 per team, size 3 ball, 30 minute game (take breaks as needed), No Goalie, two games across the width of the field.
U5	3v3 or 4v4 depending on numbers, target 8-10 per team, size 3 ball, 30 minute game (take breaks as needed), No Goalie, two games across the width of the field.
U6	4v4, target 10-11 per team, size 3 ball, 40 minute game (take breaks as needed), No Goalie, two games across the width of the field.
U7	5v5, target 12-14 per team, size 3 ball, 40 minute game (take breaks as needed), No Goalie, two games across the length of the field.

Some general notes:

#### U4/U5

When the ball goes out of bounds, one of the coaches on the field should just throw a ball into open space. They should hang onto an extra ball or two to keep the game moving while the errant ball is retrieved. If the game is not quite even, the ball can be thrown in such a manner to help the weaker team. If a particular player is not getting many touches, consider occasionally starting the ball at his/her feet.

#### U6/U7

Use kick-ins when a ball is kicked out of play. (The other team gains possession) Have the kick happen where the ball went out. Keep extra balls on hand, so that the game can get restarted quickly. In a corner kick situation, have the kick happen at the nearest corner where the ball went out. In a goal kick situation have the kick happen somewhere in the vicinity of the goal. Try to keep the children from bunching near the kick.

Since there are no goalies, do your best to try to keep kids from standing right in front of the goal mouth.

The score will not be kept for any game. Do your best to de-emphasize the score of the game and ask the parents to do the same. Emphasize that fun and effort are what is important, not the score.

Fouls – If a blatant foul occurs (pushing, tripping etc), stop play immediately. Let the children know why play has stopped. For U5 and under restart the game by throwing the ball into space. For U6/U7 award a free kick to the team whose player was fouled. In the case of more serious fouls (pulling down from behind, hitting, or any other attempt to harm), the child needs to be pulled from the game immediately. If it is a recurrent event, the child should be removed from the game.

Offsides – No offsides.

Competitive balance - For the younger ages, U7 and less, the "teams" are a loose structural entity, defined only in a way to assign developmental responsibility to one (or two) individuals (the coaches). The score of the game is irrelevant, and the primary focus is for the kids (of all skill levels) to improve. If a game turns out to be unbalanced, we strongly encourage that players be swapped between the teams or the split sided games to make the game even. Another option to consider is to have differing number of players per side to even the sides.

For U7 and under, each team will have two simultaneous games happening at once. Each team should have an assistant coach or parent help out with the game with the game where the head coach is not present. For these games, one coach per team per game is allowed on the field.

Coach commitment – the CRUSA expectation for IM coaches is for him/her to try to have one weekly practice in addition to the weekend game.