

Gretna Soccer

Micro Soccer Guidelines/Rules

Ages U3/U4, U5, & U6

Team Rosters and related information

Roster size: 6 Players

Game: U5, U6 3v3, Two 20 Minute halves, No Keepers

Ball size: #3, Goals Micro size supplied at game field

1. **Micro Soccer plays without a goalkeeper.** All players should participate as field players. The intent is to encourage maximum touches on the ball. No blame should be placed on children for letting the ball roll into their own goal. This rule is intended to ensure no player will camp near the goal area to protect it. All players should be involved in the play. No player should be positioned so far back that he/she is “acting” as a goalkeeper.
2. For the safety of the kids, no player will be allowed to touch the ball inside the box in front of the goal. This pertains to both the offensive and defensive side of the field. If the ball stops inside the box, it should be played as a goal kick from the endline. Players should be encouraged to stay out of the box.
3. **Scores and Standings.** No scores or standings are kept in Gretna Micro soccer. Fun, fundamentals, and sportsmanship are the important considerations, not winning or losing.
4. **Uniforms.** Uniforms for Gretna Micro can be purchased at Soccer Internationale, 2541 So 132nd St, Omaha. 330-9862. All players are required to wear a Gretna Soccer reversible green/white jersey. Players may wear any shorts, but are required to wear shin guards with long soccer socks. Soccer cleats are encouraged, but not required. Shoes with toe cleats (baseball cleats) are prohibited for safety concerns. All players should bring their own #3 ball, and a water bottle with their name on it.
5. **Home / Visitor teams.** Schedules list teams as either home or away.
 - a. Home – White (team wears jerseys with white side out)
 - b. Visitor – Green (team wear jerseys with green side out)
6. **Kick-offs.** Visitor team should kick off at start of games. Home team should kick off at the start of the second half.
7. **Coaching during games.** Coaches are allowed and encouraged to be on the field with their teams during games for encouragement and to act as referee. This is limited to one coach per team. Coaches are expected to work together on the field for the benefit and fairness of both

teams. Coaches should please limit the time they stop play for instruction. Assign a parent on the sidelines to keep the sidelines orderly and to assist in quickly substituting players.

8. **Fielding players.** If a team cannot field the proper number of players for a game, they should ask the opposing coach to borrow a player(s) for the game. Remember, there are no scores or standings so emphasis should be to have a game and not worry about who wins. Due to insurance reasons, players that are not registered with the Gretna Soccer program cannot be a substitute.
9. **Rainouts or severe weather cancellations.** If a Gretna Micro game is rained out, coaches may contact each other and reschedule if desired. In addition, games will be cancelled if the weather at game time is expected to be above 95 degrees based on recommendations made by the American Association of Pediatrics.
****All weather related cancellations will be posted by 8:30am on Saturdays and 4:30pm on weekdays. Weather cancellations will be posted on the home page of the www.gretnasoccer.com website.****
10. **Playing time.** Equal playing time is mandatory in Gretna Micro soccer. Substitution of players is allowed on any dead ball, but keep games moving by not prolonging "dead" time waiting for subs. It is typical to substitute about every five minutes. Coaches are expected to use good judgment in cases of extreme weather conditions where more frequent substituting may be necessary. Please wait for the opposing team to complete substitutions before starting play.
11. **Fouls and penalties.** Only indirect kicks are taken in Micro--no direct kicks. When a foul is committed and play is stopped; the ball is placed at the spot of the foul and a player from the team which was fouled takes the kick. They cannot score directly from an indirect kick.
12. **Slide tackles** – are allowed in older play, but NOT in Micro. A slide tackle is when a player (offense or defense) attempts to gain control of the ball by sliding on the ground and extending the foot to make contact. Micro players are not skilled enough to perform this move correctly and can easily cause injury. All penalties for slide tackles will result in an indirect kick by the opposing team. A player just falling to the ground during normal play is not considered a slide tackle and should not be penalized.
13. **Out of bounds.** A ball is considered to be out of bounds when it has rolled completely outside the chock line. If the ball is on the line or partially on the line then it is considered playable. All balls out of bounds are placed back in play by a kick-in. No throw-ins in Micro.
14. **Starting play.** On all kick-offs and penalty kicks, opposing players must stand approximately 10 yards back away from the kicker. The kicker cannot retouch the ball until another player (either team) on the field has touched the ball.
15. **Wearing Jewelry.** The laws of soccer state that players are not permitted to wear items of jewelry because of the risk of injury to all participants. Earrings cannot be covered, they MUST be removed or the player cannot participate.

Remember players are children, not mini adults!

If you have questions about your micro team, please call Julie Karloff 861-1601 or gretnasoccer@cox.net

