



**2026
Youth Soccer
Co-Ed 5/6 Years**

Equipment and Uniforms:

1. Ball Size: 3
2. Field Size: 30yds X 20yds (Multi-Purpose Field)
3. Goal: 6ft X 4ft
4. **SHIN GUARDS ARE MANDATORY!** Cleats are Optional.
5. Jerseys are furnished by the Recreation Department and should be worn to all games. Parents are responsible for shoes, socks, and shin guards.

League Information:

1. Team Photos will be held in October 6, 2026, *times will be assigned to teams*
2. Participation medals will be awarded to all players at the end of the season
3. NO Profanity, Alcohol, or Tobacco use is permitted by coaches, parents, or players while on Recreation Department Property.

Game Information:

1. Games are played Monday nights. Rain Outs will be rescheduled time permitting. Game times 5:30pm
2. Weather Updates: Visit City of Isle of Palms Facebook Page
There is no Post Season Tournament
3. NO Score or league standings will be kept.
4. Games are 32 minutes long 4 – 8 minute quarters. 1 minute break between quarters. Half time is 5 minutes
5. Coaches keep track of time for their own games.

General Information:

1. 5/6yr old Soccer Leagues will have 5 field players per team on the field at one time,
NO GOALIES

Player Participation: Play will stop every 4 minutes and substitutions will be made. Each Player must play a minimum of four (4) four (4) minute blocks per game. Violations of this rule can lead to suspension for the coach. The second violation of the rule will result in the dismissal of the coach from the league. A coach may hold a player out for any of the following reasons: injury, illness, or disciplinary reasons. The Coach must notify the opposing coach/rec supervisor before the game begins if he/she is going to hold a player out.

2. Both Head Coaches are allowed on the field during play. (The coach must stay clear of the action, may not stand in the goalie box, and may not touch the children). Parents and coaches are not allowed to stand behind the goals during the game.

3. Offside will not be called.
4. There will not be any penalty kicks or direct kicks.
5. **Indirect Kicks:** All fouls result in an indirect kick. Fouls inside keeper box are moved to top of box for an indirect kick. Defenders must be five (5) yards away from all restarts.
6. **Goal Kicks:** If a team shoots and misses the goal sending the ball over the endline, the other team does a goal kick to put the ball back into play. The field player places the ball on the ground and then the kick may be taken from anywhere inside the goal box.
7. **Corner Kicks:** If a defender sends the ball over the endline, the other team is awarded a corner kick to put the ball back into play. The ball is placed at the corner of the field and put back into play with a pass.
8. **Re-Start:** Used to start the game after a goal is scored, the team that was scored on, places the ball in the middle of the field. Players must be on their side of the field to begin play and a forward pass to a teammate restarts the game. The home team begins each game with a kickoff at the center of the field.
9. **Throw In:** Both Hands must be on the ball and both feet must stay on the ground when the ball is thrown overhead. A throw in is used when one team kicks the ball out of play over either sideline of the field. The other team is awarded a throw in to put the ball back in to play.
10. **Fouls:** Be aware of pushing with hands, tripping, sliding from behind, & Hand balls. Place the ball where the foul occurred.