

Micro Rules

Summary

Total Time	55 minutes; 6:00-6:55 p.m.
Warm Up/Drills	20 minutes; 6:00-6:20 p.m.
Break	10 minutes; 6:20-6:30 p.m.
Length of Game	25 minutes, non-stop; 6:30-6:55 p.m.
Referees	None (coaches)
Size of Ball	Size 3
Number of Players	3-on-3
Goalkeepers	None
Substitutions	~3 minutes
Offside	None, continuous play encouraged



Basic Rules

THE BALL

Size 3 soccer ball.

PLAYING AREA (FIELD)

Games are played across one half of a regular mini field.

DURATION OF GAME

20 minute warm up/practice; 6:00 - 6:20 p.m.

10 minute snack break; 6:20 - 6:30 p.m.

25 minute game; 6:30 - 6:55 p.m.

PLAYERS

Teams play 3 per team. No one is designated as goalkeeper. If a team is short-handed, coaches are encouraged to share players to ensure a game can be played. Each player should participate on an equal time basis.

Note: At coaches' discretion, teams may play 4 per team if more than 8 players are present on both teams.

START AND RESTART OF PLAY

Kick-off is taken at the center of the playing field to start the game and after each goal has been scored. Opponents must be on their own half of the field.

THROW-IN / CORNER KICK

There are no throw-ins or corner kicks in the Micro Division.

If a ball goes out of bounds, coaches should stop the play, retrieve the ball and throw it back in to resume the game.

Do not allow play to continue out of bounds. We want to avoid collisions between the kids, spectators, and other games going on at the same time.

SUBSTITUTIONS

Substitutions may be made during any stoppage of play. Shifts should be approximately 3 minutes.

COACHES

Coaches should be on one side of the field with their team, with parents on the other side. If a child is anxious, parents are welcome to sit with the team on the team blanket, but it is important is that the child remains with the team.

For Micro soccer, the coach should be on the field with their players to help with fair play and basic game fundamentals (players will be looking for guidance and for a familiar face). A co-coach or parents should be assigned to the team blanket to organize substitutions and encourage players to cheer for their teammates.

GAME CANCELLATIONS

Games are played come rain, snow or shine. Cancellation typically only occurs in the event of extreme weather (lighting) and hazardous field conditions (soaked fields). Lightning must be present in the area, not simply forecast.

The RRCC.Soccer website and twitter page will announce cancellations by 5 p.m. If no cancellation is indicated by 5pm, players should proceed to the field and cancellation will be determined on location, jointly by coaches/refs.