

5-A-Side Playing Rules

Introduction

- The following is a comprehensive list of Playing rules and regulations relating to the playing of 5-A-Side Football at Football Fix

Team Structure

1. There will be a maximum of 5 players per team on the field at any one time.
 1. Each team may field four outfield players and a goalkeeper on the pitch at any one time.
 2. Each team can use a maximum of 10 players per game, unless prior consent is given by the referee
 3. You can have a larger squad (Up to 10 players registered) and rotate players each week

Substitutions

1. Substitutions are unlimited during the game, can be made at any time during the game.
 1. Outgoing substitutes must leave the field of play before the replacement enters the playing area.
 2. The oncoming players are active immediately and can receive the ball.
 3. Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances.
 4. Teams can change their goalkeeper at any time during the course of the game.
 - i. Only one person can be in the goal keeper half circle/arena

Game Structure

1. The match will consist of two equal halves
 1. The length of each half will be 25 minutes
 2. The first half will begin with one team taking the kickoff; the second half will begin with the other team taking a kickoff.
 3. After a goal has been scored the game can begin immediately from the goal in which the other team scored on. The U6 Division will start the game with a kickoff after a goal has been scored.
 4. Half-Time will be a straight change around with a five minute break

Field Restrictions

1. There are two marked goal/penalty areas on the pitch.

1. Only the defending goalkeeper is allowed to play the ball inside the goal area and only he/she may handle the ball in this area.
2. An outfield player gaining or seeking to gain an advantage by entering his own goal area will have a penalty kick awarded against his team. The penalty kick will be taken from the halfway line with all players including the goal keeper, standing by, out of the way of the kick until a goal is scored or the ball exits the field of play.
3. An outfield player entering his opponent's penalty area will be penalized. The game will be re-started from the goalkeeper.
4. A goalkeeper gaining or seeking to gain an advantage by leaving his area or by playing the ball when it is outside the area will have a penalty awarded against his team. The penalty will be at the spot of the foul and will be a direct kick. The other team will be able to form a wall or provide a defensive effort to stop the kick.

General Play

1. There are no off-sides
2. A goal may be scored from any point within the field of play.
 1. Goalkeepers are able to score against their opponents.

Re-Starting the game

1. The goalkeeper must return the ball into play by throwing or passing it out of his area
 2. The goalkeeper has a maximum of 5 seconds to return the ball into play
2. If the ball goes out of play behind the end line, a corner kick or a goal kick will be awarded depending on which team had the final touch
3. If the ball goes out of play over the sideline a kick in will be awarded depending on which team had the final touch

Free Kicks and Penalty Kicks

1. All free kicks will be direct.
2. Opposition players must be at least 3 yards from where any free-kick is taken.
 1. If opposing players do not retreat the required 3 yards the referee can issue a warning.
 2. If a free kick is awarded on or near the goal area it can be moved up to 3 yards backwards to allow defenders to be 3 yards from the ball.
3. A penalty kick will be placed on the top of the half line, the same place a kickoff is placed
4. The Goal keeper and all players must be out of the play of a penalty kick until a goal is scored or the ball exits the field of play.

Player Safety

1. No unnecessary roughness on the field will be tolerated
2. The wearing of any form of jewelry (including watches) is not permitted during play.
3. **All players must wear shin guards and cleats or they will not be allowed to play. The players socks must cover the shin guard completely. All players must wear the issued jersey at all times during the game and will not be allowed to enter the field of play if such player does not have an issued league jersey Fix Strongly.**

Disciplinary

1. Forced Substitutions

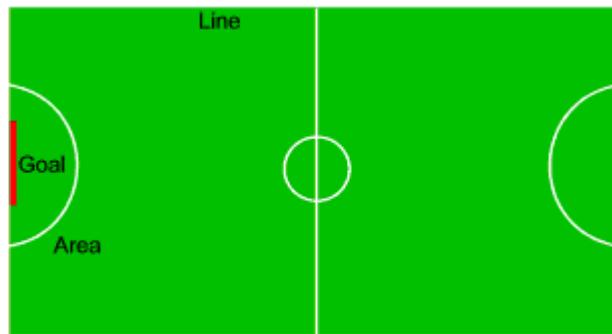
1. A yellow card will be shown to any player who the referee feels needs to tone down their behavior
 1. Either towards the referee or towards the opposition
2. A player who receives a yellow card must leave the field of play for 4 minutes
3. That team may bring on a another player to replace the player who has received the yellow card
4. If a team does not have any substitutes then that team will be down a player for 4 minutes
5. If a player receives 2 yellow cards during a match, the player is ejected from the current game and will miss the following game. The team may not bring another player to replace the player who has received the 2 yellow cards

Yellow Card & Red Cards

1. A player who receives a yellow card must leave the field of play for 4 minutes
2. A player who receives two yellow cards in one game must leave the field of play for the entire game
3. A player who receives a straight red card must leave the field of play immediately and for the entire game
4. A player who is either sin binned or sent off cannot be replaced by another player
5. If a player is given a red card whilst off the field of play (for unacceptable conduct on the sideline), the team must correspondingly reduce the number of players on the field.

3. Suspension

1. A player who is sent off will receive an automatic suspension of 1 game
2. A player who receives a red card for violent conduct will be reported to the board with the possibility of the offense escalating to a longer ban
3. In the case serious foul play or foul/abusive language the suspension will be extended to **2 Games** or longer should AYSO deem this necessary.
4. Teams that continue to have poor player discipline may be removed from the competition
5. Players playing whilst suspended will have a further three match ban added to the end of their current suspension.



A five-a-side pitch

As its name suggests five-a-side football is a game of football played with only five players on each side on a scaled down football pitch. The five players usually consist of one defensive player, two midfield style players and one striker. The defender will predominately stay back (e.g. no further than the half way line) to provide some defense at all times. The midfield players are the real workers as they need to both defend and attack, roaming all over the pitch in the process. Finally the attacker will predominately stay up front (e.g. no further back than the half way line) to provide a constant outlet for attacks. Due to the smaller size of the pitch there is a lot more scope for players to perform different roles (i.e. defend in one move and attack in the other) however it is still best to think of a team in terms of the five players and their roles. With a smaller pitch and fewer players high scoring matches are relatively frequent because of the lack of numbers for a very organized defense and the close proximity of the goal. The game is essentially passing and dribbling based, the "long ball game" is not generally possible given the limited space and the frequent "no above head height" ruling.

Field Size: 35-40 width yard – 50-60 width yard

6 yard diameter half line

3 yard arc

Can pass back to goal keeper in or out of arc