



# 2020 Winter 5v5 League – Information



## VENUES

1. Piscataway High School Anthony Gym (fields 1 and 2), and Patton Gym (field 3), 100 Behmer Road, Piscataway, NJ. See the attached HS campus map
2. T. Schor Middle School Gym (field 4), 243 N. Randolphville Rd., Piscataway, NJ
3. Conackamack Middle School Gym (field 5), 5205 Witherspoon St., Piscataway, NJ
4. Quibbletown Middle School Gym (field 6), 99 Academy Street, Piscataway, NJ

## GAMES and DATES

The Winter 5v5 League will play seven 40 minute games, one game per week. Games will be played on 7 of the following Sundays:

- January 5, 12, 19, 26
- February 2, 9, 16, 23

## Registration Deadline is Dec 22, 2019.

U9-U19 play 5v5 -- Registration \$725.

U7-U8 play 4v4 -- Registration \$350.

Prices include referee fees.

When five+ teams from the same club, register together, each team may take a discount. Contact [PSC.Soccer.Coach@gmail.com](mailto:PSC.Soccer.Coach@gmail.com) for details.

The Piscataway Winter 5v5 League reserves the right to combine age groups.

Teams will be registered on a first-come, first-serve basis. The registration fee will be refunded only if a team is not offered a position in the Winter 5v5 League and does not wish to remain on the waiting list.

No refunds will be provided for dates that get “snowed” out. Neither the Piscataway Winter 5v5 League, the Piscataway Soccer Club, nor any sponsor will be liable for any expenses incurred by league participants if the league is canceled for any reason.



# 2020 Winter 5v5 League – RULES

## SUMMARY of House RULES

1. No scoring from kick-offs
2. Goalkeeper cannot throw ball into the opponent's penalty area
3. Goalkeeper cannot punt or drop kick the ball
4. Game is 40 minutes long, played 5v5 (4 field players and a goalkeeper)
5. Running time – No time outs, No half time, No added time
6. Substitutions on the fly
7. Six (6) goal differential limit – then a team is winning by 7 goals, they MUST remove a player until the other team has scored a goal(s) reducing the differential back to 6 or less.
8. No slide tackling (this is a safety issue)
9. Kick-in when the ball passes over the sideline/touchline (No throw-ins)
10. Build-out line – when the goalkeeper has the ball, the opposing team will retreat to the center line.
11. Play during our games must be LOW CONTACT for safety reasons. Hard tackles (allowed in outdoor soccer) will be called as a FOUL indoors. The judgement of the referee will apply.

## REFEREES

A two-referee system will be used for U10-U18 games when possible.  
One referee will be used for U7-U8-U9 games.

## COACHES and PLAYER PASSES

The Piscataway Winter 5v5 League requires that the game coach have an US Youth Soccer Coach pass. Coaches must be in possession of valid player passes and medical forms, for each of their players, with them at every game.

## RULES For 5v5

### Game Format

2 x 20 minute halves (40 minute games),

5v5 - 4 field players and a Keeper

NOTE - U7-U8 play 4v4 (no keeper)

### Roster Size

- Only 12 players can dress for each game.
- If a single team registers as 2 separate winter teams, players may be rostered for both teams and play for either/both teams.

### Carding

- Travel players and coaches must have a valid NJ Youth or US Club pass.
- Recreational players must be registered with their respective club.



## **Player Equipment**

- To keep the playing surfaces clean and dry, **please** instruct your players to wear CLEAN and DRY indoor shoes in all of the venues.
- All players must wear shin guards that are underneath the player's socks.
- Sneakers or indoor shoes must be worn (no cleats, no turf shoes).
- Players are not permitted to use/wear objects that, in the opinion of the referee, might endanger themselves or other players (e.g. jewelry).
- Keepers – it is strongly suggested that goal keepers wear knee and elbow pads.

## **Substitutions**

There are unlimited “flying” substitutions. A substitute player can only enter the field after the player they are replacing has come off the playing field.

Substitutions are made between the front of their bench to the center line. The game is not stopped for substitutions. Players can re-enter the game without notifying the referee. It is advisable to substitute during natural stoppages.

## **Kick off**

The ball may be played directly back (same as FIFA rule). A goal cannot be scored directly from a kick off.

## **Goal Clearance (instead of a goal kick)**

When the ball completely passes over the goal line having been last played by the attacking team, and it was not a goal, the game is restarted by a goal clearance.

- The goalkeeper simply picks the ball up, walks into their penalty area, and throws or rolls the ball.
- Punting is not allowed. Drop kicks are not allowed.
- The ball is in play after it has left the penalty area (Same as FIFA/outside).
- A team mate may receive the ball **INSIDE** the penalty area, from the keeper as part of a goal clearance. (This is meant to help teams learn how to build attacks from the back. See the Build Out Line below.)



- The ball cannot be thrown past the opposite penalty area line without being touched by a player or the floor. If it is, then the other team receives an indirect direct kick at the opposite penalty area line.

#### **Goal Keeper – rules clarification**

- When a team member passes the ball to the Keeper, the Keeper may NOT play the ball with his/her hands. If this happens, an indirect kick should be awarded to the other team, on the penalty area line, closest to where the foul happened. (Same rule as FIFA/outside.)
- When a team member passes the ball to the Keeper, the Keeper may play the ball with their feet. (Same rule as FIFA/outside.)

#### **Build Out Line (AKA the half line)**

In an effort to promote building an attack out of the back, and for player safety reasons, the following rules must be observed:

- When the goalkeeper has the ball in his or her hands during play from the opponent, or from a Goal Clearance, the opposing team must move behind the half line (the build out line) until the ball is put into play
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense

#### **Out of Play – Kick-In**

When the ball completely passes over the sideline/touchline, the game is restarted with a kick-in (no throw-ins). The ball must be placed stationary on the touchline. The player taking the kick-in does so from outside the field (that is, he/she is standing outside of the field when taking the kick-in). Kick-ins are indirect

#### **Play Action**

- Kick-ins, Kick-offs, and goalie throw-ins are indirect.
- Corner kicks are direct.



## **Fouls and Penalties**

- Play during our games must be LOW CONTACT for safety reasons. Hard tackles (allowed in outdoor soccer) will be called as a FOUL indoors. The judgement of the referee will apply.
- No pushing. No tripping. No spitting. No shoulder-charging.
- No sliding/slide tackling (except for the goalie inside the penalty area.)
- No kicking a player or attempting to kick a player
- Fouls inside the penalty area are at the discretion of the referee. Direct kick fouls will result in a PK, with all players outside the area except the goalie.
- Fouls on the field, outside the penalty area, will be indirect.
- Yellow Card – player must sit on the bench for 2 minutes without team substitution.
- Red Card – immediate expulsion from the court area with no team substitution. Player/coach cannot attend the next week's match.
- 2 Red Cards in one season – the player/coach is banned for the remainder of the league.
- “Bully Rule” – if the referee feels that any player threatens, intimidates, or places another player in jeopardy by his/her style of play, a 2-minute penalty may be issued without team substitution. Be advised that a very powerful shot on goal, at head level, may be considered to violate this rule (for safety reasons). The enforcement of this rule solely at the discretion of the referee.
- No slide tackles (except for a keeper in his/her own penalty area, but not in a careless/reckless way or use excessive force).

## **Penalty Kick Marks**

The penalty shot mark is approximately 6 yards from the goal line.

## **The Roof**

If the ball hits the roof, or any object above the field, then an indirect free kick, is awarded to the other team

## **The Ball**



The league will provide a ball to be used for each game. Instead of using a standard soccer ball, a similar ball which has 30% less bounce, will be used. The ball is specifically designed to be used indoors.

### **Offside**

There is no offsides.

### **The Five Second Rule**

For kick-ins, free kicks, goal clearances and corner kicks, the player in possession of the ball has 5 seconds to restart play. If play is not restarted within five seconds, then an indirect free kick will be awarded to the opposing team. The goalkeeper is not allowed to hold the ball with his/her hands for more than 5 seconds.

### **The Five Yard Rule**

Players are required to keep at least five (5) yards from the player in possession of the ball on: kick-ins, free kicks, goal clearances, corner kicks, and penalty kicks.

### **No Halftime**

A match consists of two 20-minute halves, but there is NO halftime. There are no timeouts. After the first 20-minute half, teams will switch sides on the field.

### **Heading**

U12 and older players are allowed to head the ball in games. U11 and younger players are NOT ALLOWED to do so. If this is done in U11 or under game, the player will be charged with Dangerous Play penalty and an indirect kick will be given to the other team.

### **Sportsmanship**

Sportsmanship is strictly enforced. Individuals are expected to play under control within the rules of the game, and to the best of their ability, avoid causing injury to themselves and other persons while at the league location. This includes before and after the game.



To encourage sportsmanship, coaches will be given Sportsmanship Award tags during the first week. At the end of each game, coaches are to give 1 Sportsmanship Award to one of **their** players who displayed a positive sportsmanship attitude. Examples of Sportsmanship:

- Playing by the rules
- Being fair to opponents
- Shaking hands
- Helping an opponent up who may have fallen
- Encouraging and cheering everyone
- Being respectful to everyone including team mates, opponents, parents, coaches and officials
- May not be the best player

### **Excessive Scoring (goal differential >6)**

While each team strives to score goals, coaches are expected to manage their teams so they do NOT exceed a goal differential of 6. Example, a final score of 9-3 has a goal differential of 6. Coaches who find their team out scoring their opponents early in the game are STRONGLY encouraged to quickly implement one or more of the following, or something similar:

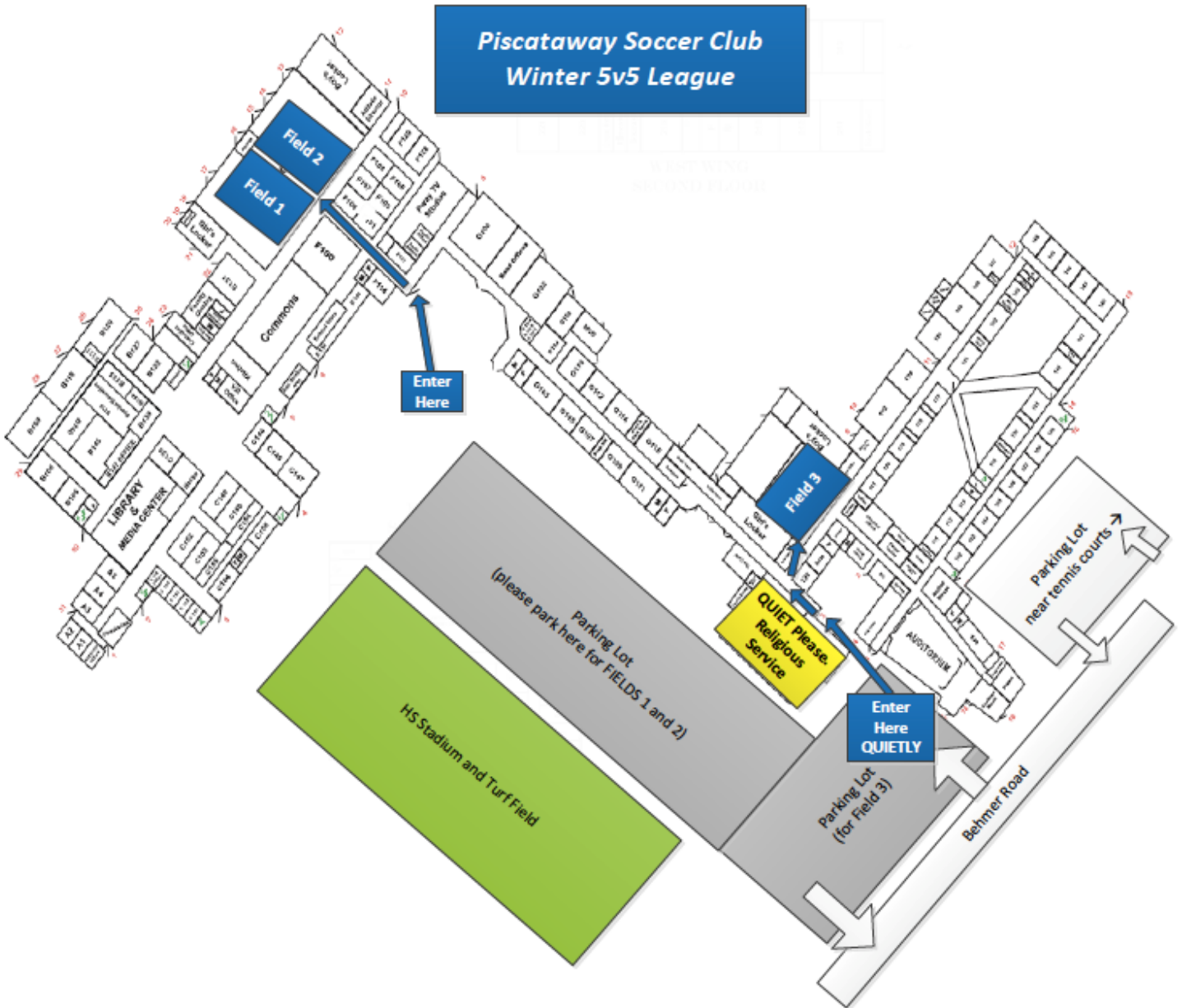
- Challenge their players to string 5 (or more) consecutive passes together before attempting to score.
- Challenge their players to only use their “weak” foot to pass and score
- Players can only score using 1 touch
- Players can only use 2 touches maximum
- After receiving the ball, the player must execute a “move”
- Pull a player, and play one man down

If a team is winning by 7 goals (example 10-3), that team **MUST** remove a player from the field until the other team scores a goal reducing the goal differential back to 6. The team leading may then return to full strength on field. Repeat this process every time the goal differential reaches 7.



Piscataway HS Campus Map

# PISCATAWAY HIGH SCHOOL





## Major Differences Between Outdoor Soccer and Indoor 5v5

Outdoor Soccer	Indoor 5v5
#5 ball	#4 ball with reduced bounce
11 players (or 9 or 7 based on age)	5 players (U7-U8 play 4v4)
Substitutions at specific stoppages	Unlimited "flying" substitutions
Large Goal (8' x 24')	Smaller 6'6" x 9'10" sized goal
Throw-in	Kick-in
Offside rule	No off-sides called
Referee & two assistants (linesmen)	Center referee, or 2 center referees
Running clock, time added by referee	Running clock, no added time
45-minute halves	20-minute halves
5-15 minute half time	NO HALF TIME (clock keeps running)
No time-outs	No time-outs
Goal kicks	Goal Clearance (Keeper throws ball back into play)
No absolute time limit to restart play	5-second rule on restarts
Goalkeeper 6-second rule	5-second limit to put ball back into play
Yellow Card – Warning	Yellow Card – Player must sit out for 2 minutes. Team plays down a man
Red Card – Player sent off, team plays down a man	Red Card – Player sent off, team plays down a man for remainder of game.
Corner kick placed in arc	Corner kick placed on corner
Slide Tackling Allowed	No slide tackles under any circumstances (keeper may slide)
Heading allowed for U12+	Heading allowed for U12+ For U11 and under, this is Dangers Play

