

General rules for 5v5

Dimensions

Length 40 yards

Width 30 yards

Goal area 6.5 yards

Goal 12 x 8

Game Ball: Size 5

Duration of game: 30 (two 15 minute halves, 2 min half-time)

Format: 5v5 (4 outfield + 1 Goal keeper)

Shin guards: All players must wear **shin guards**, or will not be allowed to play.

Uniform: All players must wear **jerseys**/shirts during play. If both teams are wearing the same color, the home team must change.

Substitution: Subs are by referees approval on any dead ball.

Kick Offs May be kicked in any direction, however you cannot score directly from a kickoff.

Throw ins (Kick-ins) The ball shall be kicked into play from the sideline instead of a throw-in, players cannot score directly from a throw-in.

Goal kicks May be taken from any point of the goal area.

Penalty kicks Penalty kicks are DIRECT kicks taken from spot outside the goal area in the center of the goal and must be taken with the one step only rule.

Free kicks All free kicks are indirect only (No direct kicks)

Goal Area

- If attackers enter the opponent's area, it's an indirect free kick from inside the goal keeper's area.
- If defenders enter their own area, it's a penalty.
- If the keeper plays the ball outside the area, it's a penalty.

- A goal may be scored from any point outside the goal area and within the field of play.
- The goalkeeper must return the ball into play by rolling it out of their area with an under arm bowling action unless it is from a save. A keeper failing to do this will be penalized with an indirect kick being awarded against him **5 yards outside the area**.
- The ball may not be returned to the goalkeeper until at least 2 other players have touched it. Failing to do this will result in an indirect free kick **5 yards outside the area** where the defender who last touched the ball was when they returned the ball

5-Yard Rule In all dead-ball situations, defending players must stand at least 5 yards away from the ball. If the defensive player's goal is closer than 5 yards, the ball shall be played 5 yards from the goal line in line with the direction of play prior to the penalty.

The 6 Second Rule Regarding kick-ins, free kicks, goal keeper's possession and corner kicks, the player in possession of the ball has six seconds to restart play

No Offside There is no offside rule.

Sliding Tackling Sliding tackles are not allowed.

No Heading neither intentional or unintentional are allowed, a free kick will be awarded against players who head the ball.

Forfeits Teams are given five minutes from scheduled game time to begin the game. Teams must have a minimum of 4 players in order to start the game, otherwise the referee will issue a 10-0 forfeit.

Discipline

- Yellow card will mean that player must leave the field for a minimum of 2 minutes.
- Two yellows will equal a Red card.
- Red card will mean that player must miss the entire game and sit out any further matches that day. Teams must play down a man for 5 minutes, after this time is up a 5th player can rejoin the team. If a team is reduced to 3 players due to misconduct, the game will be awarded to their opponents with a score of 10-0, or the result at the time the game ended should the goal difference be greater.

Delay of games Any player may be cautioned with a yellow card if it is deemed by the referee that the player is intentionally wasting time, such as if a player intentionally kicks the ball long distances away from the playing field in order to waste time.

Play-off Penalty Kick's Best of 5 penalty kicks, followed by sudden death if needed.

Tiebreakers all Tournaments and Leagues:

The following tiebreakers will decide who the winner is:

- Points
- Goal differential
- Goals scored
- Goals against
- Shout-out