



5v5 Teams (Basic Rules)

Shooters & Passers

Each team will play TWO simultaneous games on game day. The head coach should select 5 players to play on each field. All remaining players should remain in the substitution/coaching lane between both fields. Each game should be supervised by an Assistant Coach/parent from each team. Players can be moved between the fields during the game.

Rec. Field size:	40 by 30 yards
Rec. Goal size:	12ft by 6ft
Ball size:	Size 3
Duration of game:	2 – 25 minute halves with a 5 minute half time break
Number of referees:	2 in total - 1 referee per field (2 games being played simultaneously)
No. of players:	5 - (4+ 1GK) (min. is 3+1GK) All players shall play at least 50% of the game!
Substitutions:	Unlimited and on any dead ball situation or throw in (Follow FIFA rules for entering the field) Corner kicks and free kicks are not dead ball situations.
Heading:	No Intentional Heading – an indirect free kick will be given to the opposing team.
Punting:	GK's will not be permitted to punt the ball within the game. If the infringement takes place the GK will be handed back the ball.
Goal kicks:	To be placed on either corner of the box. Attacking team is to move behind the half line for player development. Ball is in play when it is kicked & moves.
Throw-ins:	Players will be given the opportunity to retake the throw if a mistake is made (at the referee's discretion).
Free Kicks:	All free kicks will be indirect.
Penalty kicks:	There will be no penalty kicks, instead an indirect kick will be given outside the box
Offsides:	There will be no off sides. However, standing directly in front of the goal or GK, (aka cherry picking) gaining an unfair advantage is not permitted.
Slide Tackling:	Slide Tackling is not permitted.

All other rules come under FIFA regulations!

Link to FIFA Laws are under resources

Please respect the referees, your opponents and their families

Have a great season