

## **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 4

**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 outfield players and 1 GK) 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)

**Heading:** No 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

**Throw-ins:** Players will be given the opportunity to retake the throw if a mistake is made.

**Free Kicks:** All free kicks will be in direct.

**Penalty kicks:** There will be no penalty kicks, instead an in-direct kick will be given outside the

box

**Offside:** There will be no off sides.

## All other rules come under FIFA regulations!

https://football-technology.fifa.com/media/1245/lotg 17 18 en.pdf

Please respect the referees, your opponents and their families

Have a great season