



## **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.

<b>Rec. Field size:</b>	40 by 30 yards
<b>Rec. Goal size:</b>	12ft by 6ft
<b>Ball size:</b>	Size 3
<b>Duration of game:</b>	2 – 25 minute halves with a 5 minute half time break
<b>Number of referees:</b>	2 in total - 1 referee per field (2 games being played simultaneously)
<b>No. of players:</b>	5 (4 outfield players and 1 GK) All players shall play at least 50% of the game!
<b>Substitutions:</b>	Unlimited and on any dead ball situation or throw in (Follow FIFA rules for entering the field)
<b>Heading:</b>	No Heading – an indirect free kick will be given to the opposing team.
<b>Punting:</b>	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.
<b>Goal kicks:</b>	To be placed on either corner of the box
<b>Throw-ins:</b>	Players will be given the opportunity to retake the throw if a mistake is made.
<b>Free Kicks:</b>	All free kicks will be in direct.
<b>Penalty kicks:</b>	There will be no penalty kicks, instead an in-direct kick will be given outside the box
<b>Offside:</b>	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](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**