



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