



8v8 Teams (Basic Rules)

Wings

Each team will play one game on game day. The head coach should select eight players (7 outfield players and a GK) to play on the field. All remaining players should remain on the sideline, with both teams resting players on the same side of the field. The game is to be supervised by the coaches and assistant coaches from each team.

Rec. Field size:	60 by 40 yards
Rec. Goal size:	12ft by 6ft
Ball size:	Size 4
Duration of game:	2 – 30 minute halves with a 5 minute half time break
Number of referees:	2 total (There are no linesmen)
No. of players:	8 (7 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:	FIFA Law – Ball must leave penalty box to be in play.
Throw-ins:	FIFA Law
Free Kicks:	FIFA Law (Opposing team should be 6 yards away)
Penalty kicks:	FIFA Law
Offside:	There will be “substantial” off sides. (However, players 2-3 steps ahead of the play will not be called)

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