



## Rules for 5v5 with a GK

1. Team Registration: Teams are restricted to 8 players on their roster. Every player is required to provide a signed waiver and age verification at check-in. Rosters are final at check-in time. Utilizing unregistered players will result in the loss of the game and potentially tournament disqualification. Players may play on multiple teams but only one age division per tournament.

2. Age Requirements: Divisions are organized by birth year. The players can participate in older age groups but not younger. Girls can play for boys' teams but not boys' for girls' teams. A sole single male player on a team will have to be registered as a boys' team. COED Youth teams are not allowed. Adult COED division does not require two women on the field at all times. COED rules do not apply if the team is playing another division (e.g., Men's Open).

### 3. Equipment Needs:

- Shin guards must be worn by the players
- Casts must be fitted with ½-inch thick padding foam and are officially approved
- No jewelry allowed
- Field players must have the same colors (numbers not necessary)
- Home team can change if their colors clash
- Goalkeeper must wear a color different from both teams

### 4. Game Structure:

- First listed team is home team
- Three players minimum to start
- Five-minute grace period (may reduce game time)
- Two 12-minute halves, 1-minute halftime
- Game ends at 10-goal difference
- Home team kicks off; away team picks initial direction

- Schedule adjustments possible for weather

#### 5. Gameplay Rules:

- No offside rule
- Heading permitted in all age groups
- No slide tackling (except to save balls or block shots without contact)
- Direct kicks for corners and kickoffs
- Kick-ins or dribble-ins for sideline restarts
- Penalty kicks from 7 yards
- Goal clearance within 4 seconds

#### 6. Goalkeeper Rules:

- Should release ball in 4 seconds
- Can place ball anywhere
- May drop and dribble inside/outside penalty arc
- No drop-kicks or punting
- Cannot toss into opponent goal
- Safeguarded from contact in penalty arc
- Disciplined like field player out of arc

#### 7. Match Management:

- Substitutions on any dead ball with referee permission
- Management of teams and spectators by coaches
- Yellow cards accumulate throughout the tournament
- Three yellows in a single day = suspension of a single game
- Red card = this game and the following game suspension
- Two red cards = ejection from the tournament

#### 8. Tournament Format

- Round-robin schedule used
- Win = 3 points, Tie = 1 point, Loss = 0 points
- Tiebreakers: head-to-head, goal differential, fewest goals against, most goals scored, 5-player shootout
- Playoff ties: 3-minute golden goal, then shootout
- Forfeits counted as 10-0
- No protesting; tournament director's decisions final

9. Safety and Conduct:

- Decisions of officials are final
- Final decisions made by tournament director
- Abusive behavior may result in being ejected
- Safety precautions strictly followed

