

Rules: 5v5

1. Safety First

- Play under control at all times.
- If a player is reckless or dangerous, the referee may stop play.
- Indoor shoes required
- Shin guards required

2. Respect the Game

- Respect teammates, opponents, coaches, and referees.
- No foul language or unsportsmanlike behavior.
- Good sportsmanship is expected at all times.

3. Game Play

- No offsides
- No slide tackling.
- Pass back to goalie cant pick up up:
- 7 players allowed per team 2 subs max per team
- Kick-ins instead of throw-ins when the ball goes out.
- Games start with a kickoff from center circle.
- Substitutions are “on the fly” (anytime).

4. Fair Play

- Each player must play within the rules.
- Goalkeepers may use hands only inside their box.
- Fouls result in a free kick (defenders at least 5 yards away).

5. Kid Friendly Environment

- Fun, teamwork, and learning are more important than winning.
- Coaches and parents should encourage positive play
- Zero tolerance for bullying or disrespect.