

## **RULES: 5v5 Outdoor Soccer**

### **FIELD OF PLAY**

Dimensions: 25 yds wide x 40 yds long

Penalty Area: Box measuring 2-3 yds from each post, and 6 yds into field (deep)

Penalty Mark: 8 yds from the mid-point of the goal line

Substitution Zones: 6 yds zone (3 yds on each side of halfway-line) on the bench side of the pitch

The Goals: 6ft high x 12ft wide

### **THE BALL**

Size: #4 regulation Ball

### **NUMBER OF PLAYERS – 5 including GK**

Minimum Number of Players to Start Match: 4, one of whom shall be a goalkeeper

Maximum Roster: No limit

Substitution Limit: None

Substitution Method: "Flying substitution" (all players but the goalkeeper enter and leave as they please; goalkeeper substitutions can only be made when the ball is out of play and with a referee's consent)

### **DURATION OF THE GAME**

Duration: Two equal periods of 25 minutes.

Half-time: 5 minutes

### **FOULS AND MISCONDUCT – FIFA Rules**

All the Free Kicks are INDIRECT. Penalty Kicks will only be used for tie-breakers – Final/Consolation

### **PENALTY KICK**

To be taken from the penalty mark, 8 yds from goal line.

All players must be out of the penalty area.

OFFSIDE – There is no offside in 5v5.

THROW-IN – A KICK-IN will be taken in place of the throw-in.

FREE KICK/KICK-IN – distance from the ball – 5 yards.

### **GOAL KICK**

From inside the penalty area, the goalkeeper rolls the ball into play. Ball must be played within own half or touch the ground within own half. Ball must clear the Penalty Area for an opponent to play it.

*A teammate may play the ball within the PA.*

### **OFFICIALS / REFEREES**

Single Referee will call the games.

RESTART TIME LIMIT – Restart must take place within 5 seconds or the ball is awarded to the opposing team (enforcement to take place gradually).

PASS BACK TO GK – GK may not handle the ball.

### **SPORTSMANSHIP**

Players, coaches and spectators are expected to act in the nature of good sportsmanship at all times. Abuse of the referees will not be tolerated. Any instance of such conduct will lead to ejection without refund for the offending team.

### **BAY AREA FALL CUP FORMAT**

The points and tie-breaking criteria are the same as in the 8v8 and 11v11 format with the following exceptions:

- Criterion #3 – Goal Differential (limited for 5v5 at 7 goals)
- Criterion #4 – Most Goals scored (limited for 5v5 at 10 goals)
- Final/Consolation games – 5 min overtime – Golden Goal rule applies (i.e. first team to score, wins)