



5v5

Field Dimensions: Approximately 90 feet x 50 feet

Goals: 3 meters wide (9.8 feet) x 2 meters tall (6.5 feet)

ALL players must wear Shin Guards

No Soccer Cleats Allowed... Indoor shoes, tennis shoes or sneakers only (non-marking soles)

- Each team consists of 5 players one of whom must be the goalkeeper. Any less than 4 players will be considered a forfeit. Game time is forfeit time. Only players on the roster may play
- Substitutions are allowed at any time on the fly, whether the ball is in play or not, but only from the substitution zone & the substitute player may only enter the court once the player leaving the pitch enters the substitution zone. **Goalkeeper substitutions can only be made when the ball is out of play and with a referee's consent**
- ~~A goalkeeper may not punt or drop-kick the ball into play. A goalkeeper may only retain possession of the ball for a period of four (4) seconds. Violation will result in a direct free kick from the midfield spot~~
- ~~A goalkeeper may not touch the ball for a second time once it's released. He/She may only touch the ball a second time if it's touched by an opponent or on a restart. Double touch will result in an indirect kick at the point of infraction. GK has no limitations once he/she cross the halfway line; they become a field player~~
- The referee is responsible for control of the game and his/her decisions regarding facts connected with play are final
- The game shall be divided up into two equal periods of 25 minutes. There will be a 2 minute half time between the two periods
- The **HOME** team will kick off the game. Each team must stay in its own half of the field and the defending players must be at least 5 meters from the ball when it is kicked. After a goal, the team scored upon will kick off. After halftime, the teams change ends and **SWITCH BENCHES**. The second half kickoff will be taken by the **AWAY** team to that which started the game



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- In the event of a tie between two teams after the game is complete, the game will be declared a tie. Except in playoffs the following rules apply:
 - Playoff ties are determined by PK's. 3 players will be selected from each team
 - If the score is still tied at the end of the first round, then sudden death PK's are taken
 - Whichever player finishes the game in goal will remain as the goalkeeper for the penalty shootout
- The offside rule is **NOT** in effect
- On any restarts or free kicks including goal kicks (to be played by the goalkeeper's hands) ~~there is a four (4) second rule. If the team awarded the kick does not play the ball in four (4) seconds the other team will gain possession of the ball at the spot of the foul~~
- Kick-offs are indirect. Whistle must sound to restart after goal. Tapped balls are not in play, the ball must move forward
- Kick-ins are indirect. The ball can be on the line or one foot behind the line. Neither the ball nor the players foot/feet can be inside the pitch. All defenders must be 5 meters from the ball. Delay of a restart may result in a yellow card:
 - A kick in that goes directly into the opposing goal is a goal clearance for the opposing team
 - A kick in that goes directly into own goal is a corner kick for the opposing team
- Goal clearance/Goal kick:
 - The GK must use his/her hands to roll, bounce or throw the ball from anywhere inside the penalty area to outside the penalty area; or
 - The GK must throw the ball directly across the halfway line
 - The GK may **NOT** score by throwing the ball directly to the opposing team's goal
- A PK will be awarded for fouls inside of the goal area; anywhere within the marked penalty area. GK must stay on the line until the ball is kicked



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- Shot from 2nd penalty mark. GK can be 5 meters from the ball. The kicker can take the shot from the penalty mark or where the infraction has occurred; whichever is closer to the goal
- Accumulated fouls and the 2nd penalty mark. If a team commits a sixth accumulated foul (direct free kicks or PK's), the opposing side may take the subsequent free kicks awarded to them without a wall, either from the second penalty mark or from a position even closer to the penalty area if the foul was committed between the goal line and the second penalty mark
- Corner kicks are direct. The ball must be placed directly on the corner spot ~~and kick must be taken within four (4) seconds~~
- Goalkeepers may handle the ball anywhere within marked area. The goalkeeper area will be marked with lines. Goalkeepers are **NOT** allowed to handle the ball if a teammate plays the ball back to them
- Deliberate handling of the ball that denies the opposing team a goal or an obvious goal scoring opportunity will result in the following: a penalty kick will be awarded & the player committing the foul will be shown a red card (at referee's discretion)
- Good sportsmanship is to prevail at all times. Coaches will be held responsible for the conduct of themselves, their players, players' parents and spectators
- Forfeit games will be treated as a 4-0 win
- At any time a team has a 10 goal lead, the scoring will stop and that becomes the final score of the game. The game continues to be played in its entirety
- Team standings will be based on the following point system:
 - WIN: 3 points
 - TIE: 1 point
 - LOSS: 0 point

Ties in standing will be broken by:

1. Head to head results
2. Goal differential – Goal differential Limit is 10
3. Goals against – Goals against limit is 10



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4. Goals for – Goals for limit is 10
5. Most wins

- No slide tackling. Slides are allowed. One knee down on the ground is considered a slide/playing on the ground and will result in a free kick awarded to the opposing team
- Slide tackling is legal by the goalkeeper only and must be initiated from within the penalty area. Outside the penalty box, the goalkeeper may not slide tackle or use his or her body illegally. Violations will result in a direct free kick for the opposing team from the point of the foul
- Referees have the right to eject a coach or parent from the game for continual disobedience or as a result of an incident that warrants ejection. Coaches or parents whom are ejected by the referee or a club official must leave the field and area around the field before play will continue. If a coach or parent refuses to leave, the game may be forfeited in favor of the opposing team
- Yellow Card/Two (2) minute penalty: A player is cautioned and shown a yellow card and has to leave the field of play for two (2) minutes. The team will play down a player for the entire two (2) minutes. (This also includes players who may be cautioned as substitutes) The following offences could incur a yellow card:
 - Unsporting behavior: Multiple slide tackles/slides, boarding, rough play, taunting (by word or action from player or spectator).
 - Dissent by word or action.
 - Persistent Infringements.
 - Delaying the restart of play / Failing to respect the required distance when restarting.

* Depending on the nature of the foul and the game, the referee can give a player a two (2) minute warning/break allowing the team to substitute

- Red Card/Five (5) minute penalty: A player or substitute who is sent off will leave the field of play and his/her team will play down a man for five (5) minutes, if s/he commits any of the following offences:
 - Serious foul play: Violent tackles, tackles from behind with no intention to play the ball, elbows



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- Violent conduct: Fighting, provoking a fight, striking or hitting an opponent with or without an object, spitting at an opponent
- Denying the opposing team a goal or clear goal scoring opportunity by deliberately handling the ball
- Denying the opposing team a goal or clear goal scoring opportunity by committing an offence that would warrant a free kick or penalty kick
- Receiving two (2) yellow cards

* Red-carded players may be suspended for the next game. A player receiving two red cards may be suspended for the next season with the possible expulsion from the facility. This decision is under the jurisdiction of Central Florida Soccer Club

- All participants and spectators must also abide by all rules set forth by Central Florida Soccer Club & the facilities the Club utilizes. No games will be protested after the completion of the game. The referee and Club officials will have the final say on any disputes and will treat each situation in the fairest and most logical way

SAFETY AND FUN ARE OUR OBJECTIVES!!!