

5v5 Outdoor Soccer Rules 2016



- Field Dimensions: 35 yds wide x 55 yds long
- Penalty Area: 14 yards tall and 28 yards wide
- Penalty Mark: 10 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: 6 ft high by 12 ft feet wide
- The ball: Size #5 regulation soccer ball (all ages)
- Number of players: Minimum Number of Players to Start Match is 5, one of whom shall be a goalkeeper
- Maximum Roster: 9
- Substitution Limit: None
- Substitution Method: Referee must acknowledge substitutions

- Duration of Game: Two equal periods of 25 minutes.
- Half-time: 5 minutes
- Fouls and Misconduct:
- **Direct free kick** awarded when a player intentionally commits any of the following offenses (penalty kick awarded when infringement takes place in penalty area):
 - kicking or attempting to kick an opponent
 - tripping an opponent
 - jumping at an opponent
 - charging an opponent in a violent or dangerous manner
 - charging an opponent from behind
 - holding an opponent
 - pushing an opponent
 - charging an opponent with shoulder (i.e., shoulder charge)
 - sliding at an opponent (i.e., sliding tackle)
 - handling the ball (except goalkeeper)
- **Indirect free kick** awarded when any of the following offenses is committed (penalty kick awarded when infringement takes place in penalty area):
 - dangerous play (e.g. attempting to kick ball held by goalkeeper)
 - obstruction
 - charging the goalkeeper in the penalty area (i.e., goalkeeper charge)
 - goalkeeper throws ball directly over the halfway-line (without it

first touching his own side of the pitch or any player)

- goalkeeper picks up or touches with his hands a back-pass
- goalkeeper picks up or touches with his hands a kick-in from a teammate
- Free Kick
 - Wall: At least 10 yards away until the ball is in play
 - Time Limit: Kick must be taken within 10 seconds
 - Restriction: Kicker cannot touch the ball again until it has been touched by another player
- Penalty Kick
 - To be taken from the penalty mark
 - All players must be out of the penalty area
 - The kicker shall not play the ball a second time until it has been touched by another player
- Kick-in
 - To be taken in place of the throw-in
 - The ball is placed on the touchline before kicking
 - The kicker's foot not kicking the ball must be outside or at least on the touchline; if it crosses the touchline all of the way, into the pitch, the kick-in is given to the opposing team
 - The kicker cannot play the ball a second time until it has been played by another player; infringement of this rule entail an indirect free kick to the opposing from the point of infringement
 - Players on opposing team must be at least 5 yards away from point of kick-in.
 - Cannot score directly from a kick-in

- Goal Clearance
 - Goal keeper throws the ball out in place of a goal kick
 - Throw must be taken inside penalty area
 - The ball is not in play until it has passed outside of the penalty area. If the goal clearance is received inside of the penalty area, the goal clearance shall be taken over
- Corner Kick
 - Ball placed on the corner arc
 - The kicker cannot play the ball a second time until it has been played by another player; infringement of this rule entail an indirect free kick to the opposing from the point of infringement.
 - Players on opposing team must be at least 5 yards away from point of the corner kick
 - Can score goal directly from a corner kick
- No offside: there is no offside for the 5 v 5 league
- Heading – To help ensure player safety, teams will limit the heading to the following guidelines:
 - a maximum of 30 minutes of heading training per week for U12-U14 players
 - no more than 15-20 headers per player, per week for U12-U14 players
 - Heading for players U11 and younger is prohibited. U11 players should not practice heading or head the ball during games