

RULES AND REGULATIONS FOR 5-A-SIDE SUNDAYS

Field Dimensions:

84 ft Length x 50 ft Width

Goal Dimensions:

9ft 10in W; 6ft 7in H; 2ft 8in D

Ball size and weight:

Size 3 ball (20-22 inches circumference) and 14-18 ounces in weight approx

Number of players on team:

A minimum of 8 and a maximum of 10.

Number of players on field at any one time:

5 players on the field at any one time (1 goalkeeper and 4 outfield players).

Duration of games:

25 minutes, no half time.



MOVEMENT OF PLAY

Ball is out of play when:

- The ball wholly crosses the sideline or end line.
- The ball hits the ceiling.

Restarts:

- **When a goal is scored:** the team must restart the game from the center spot; both teams must be in their own half. Opposing team cannot enter the center circle until the ball is kicked.
- **When the ball hits the ceiling:** the opposing team will be given a free kick from the nearest sideline at a point where an imaginary line (parallel to the goal line) and where the ball hit the ceiling.
- **When the ball wholly crosses the sideline:** A kick-in will be awarded to the opposing team at the point of penetration. Defending team must allow 5yds of space for the kick-in.
- **When the ball wholly crosses the end line by the defending team:** Regular corner kick rules apply. Defending team must allow 5yds of space for the kick-in.
- **When the ball wholly crosses the end line by the attacking team:** Goalkeeper can kick or throw the ball from anywhere in their zone to restart the play.

Off-sides:

The off-sides rule will not be in place during indoor play.

Goalkeepers Zone:

Goalkeepers will have the freedom to travel throughout the field, but will ONLY have the ability to use their hands within the 3-point zone, marked on the basketball court.

Roll-on/Roll-off Substitutions:

Only ever having 5 players on at any one time, players will be allowed to substitute during play.

WARNINGS

Blue cards:

Blue cards will be issued for dangerous or unsporting behavior from players, resulting in 2-minute sit out. The team will play down for that player's actions; substitutes cannot be made in this period. NO SLIDE TACKLING.

Zero tolerance:

Parents are there to watch and support their children, any heckling, shouting or general negativity towards referees, coaches or other parents will not be accepted and you will be asked to leave.