

YMCA Adult 5v5 Soccer Rules & Guidelines

RULES: 5v5 Outdoor Soccer

FIELD OF PLAY

Dimensions: 30 yds wide x 40 yds long

Penalty Area: Box measuring 8 yards from center of goal line

Penalty Mark: 6 yards from center of the goal mouth

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

Goals: 6ft high x 12ft wide

THE BALL

Size: #4 regulation Ball (games will start with a ball at midfield and in each goal)

NUMBER OF PLAYERS – 5 (4 + GK)

UNIFORMS – Teams will be required to wear same color shirts for uniforms. Teams are required to bring both their designated color and white shirts to all games.

Shin guards – Shin guards are required

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

Maximum Roster: 10

Roster – Rosters will be permanently set by week 2 of each season. Players are required to bring their ID's to every game for check in. **Players without their ID will not be allowed to play.**

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) Players can leave the field anywhere but must enter from the substitution zone.

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 DIRECT. Penalty Kicks will be taken

PENALTY KICK

To be taken from the penalty mark, 6 yds from goal line with a 1 step run-up. Shooter must have kicking foot on the 1 step line located behind the PK mark. All other players must be out of the penalty area.

OFFSIDE – There is no offside in 5v5.

THROW-IN – kick in's will be taken in place of the throw-in. FREE KICK/KICK-IN – distance from the ball – 5 yards. All kick in's are direct.

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 Penalty Area.

SHOOT/SHAG RULE – If the attacking team misses their shot on goal, the shooting player (or a teammate in the field of play) must leave the field to retrieve the ball and cannot return until he/she places the ball back in the goal. Once the ball has been returned to goal, they are then allowed to sub back in at the substitution zone. Exception – If the goalkeeper shoots and misses, the referee will determine the closest attacking player to the goal and designate he/she to “shag” the shot. Teams are allowed to substitute in while teammate is retrieving the ball.

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.

Goalkeeper Handling – Goal Keepers may use their hands anywhere inside their own half. GK's cannot throw a ball past midfield without it touching the ground before crossing the midfield line.

No punting or drop kicks allowed.

SLIDE TACKLING – There is no slide tackling allowed. Any slide tackle that makes contact with a player is a minimum yellow card.

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.

Abuse of language will not be tolerated.

Any physical altercations will not be tolerated.

Any instance of such conduct mentioned above will lead to ejection without refund for the offending player/team.

Playoffs procedure- TBD at later date