

District II – CAL-NORTH
RULES: 5v5 Outdoor Soccer League

TEAM ELIGIBILITY

Teams from any US Soccer affiliate are welcome.

SCORING

Scores will be kept for matching up level-like teams.

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/#5 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 20 minutes.

Half-time: Maximum of 5 minutes

FOULS AND MISCONDUCT – FIFA Rules

Except for Penalty Kick, all the Free Kicks are INDIRECT.

PENALTY KICK

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

All players must be out of the penalty area.

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

OFFSIDE – There is no offside in 5v5.

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

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

A Referee will be provided by the Home Team. The Coach may ref the game.

Assistant Referees / ARs will not be used.

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.