

5-A-SIDE RULES OF PLAY

The intention of these rules is to provide clarification of rules that may differ for five-a-side football from normal 11-a-side football. If any aspect of the rules of the game is not mentioned here, or in doubt, then the referee is to apply normal 11-a-side rules.

5 second rule	All free-kicks, kick-ins etc must be taken within 5 seconds of the player having possession of the ball to take the kick (in order to keep the game flowing). SANCTION: if longer than 5 seconds the free-kick goes to the other team.
Distance at free-kicks, kick-ins etc	Opposition players to stand at least 5 metres from the kicker.
Duration of game	Two halves of 10 minutes each with 2 minute interval between. Hooter sounded for start of game; end of first half; full-time. □ _____ 毬 _____ 4 A 襪 □ □ Ĥ □ □ F Free-
Free-kicks, corners kicks, fouls	As for regular soccer except: 1. When taking a kick, the opposing players must be at least 5 metres away. 2. When awarding an indirect free kick in the penalty box, it will be taken from the 6 metre arc nearest to where the infringement took place. 3. If the team taking the free kick takes more than 5 seconds, the referee shall award an indirect free kick to the opposing team.
Games not started on time	If a team is not on the pitch ready to start within two minutes of the hooter, then they will have defaulted the match. Games started late must still finish when the hooter sounds.
Goalkeeper- clearances	If the ball is in the goalkeeper's hands the ball must be thrown back into play. If the ball is on the ground, the goalkeeper may kick the ball or pick it up and throw it back into play. Drop kicks are not allowed. When the goalie kicks or throws the ball it must touch the ground (or touch another player) <u>in the team's own half</u> . SANCTION if the ball goes beyond the half-way line without bouncing: INDIRECT free-kick to other team from half way line.
Goalkeeper – handling the ball	Only within the penalty area
Goalkeeper – passbacks	Goalkeeper not allowed to touch ball with hands from a passback from a team mate (from normal play, kick-in or free-kick) – must always use feet. SANCTION - INDIRECT free kick from edge of penalty semi-circle nearest where offence occurred.
Goalkeeper – substitutions	During normal play: only at half-time or through injury. During penalty shoot-out: allowed at any time.
Goal kick	Instead of taking a goal kick, the goalkeeper is to throw the ball into play.
Goal scoring allowed?	DIRECT FROM:- Corner Kick: Yes Inside Penalty Area: Yes Kick-in from sideline: No Kick-off: No Goal Kick: No



Kick-in	Replaces throw-in for when ball goes out of play at the sideline. Must be taken within 5 seconds
Number of players	The match shall be played by two teams, each consisting of not more than FIVE players, one of whom shall be the goalkeeper, wearing a different colour jersey or a bib. Maximum of 8 players in a squad.
Offside	Does not apply to this tournament.
Penalty Area	6m semi-circle in front of the goal. Goals can be scored from within the penalty area. Any player can enter the penalty area.
Penalty kick	Awarded for foul by defender against attacker inside the penalty area. The penalty spot is the point on the 6m semi-circle directly in front of the goal. All players except the kicker are to be at least 5 metres from the ball. If a penalty has been awarded and then the hooter sounds, then the penalty is to be taken.
Penalty shoot-out	Used to decide afternoon knock-out games, which must have a winner (extra time will <u>not</u> be played). Penalty shootout rules. <ol style="list-style-type: none"> 1. Each team will nominate three players from their full squad for the penalty shootout. 2. The team named first on the draw will shoot first. 3. Each team will take alternate shots. 4. If tied after the first three shots it will go to sudden death. No player may take a second penalty kick until all players in the squad have taken a kick, if necessary. 5. Substitution of goalkeeper for the penalty shoot-out is allowed at any time. 6. Selection of penalty kickers and goalkeeper may come from the full squad of 8 team members, regardless of whether they were on the pitch or not at full time. Goalkeepers are allowed to take a penalty shot. Players sent off during the game or who are under suspension may not take part in the penalty shootout. 7. As with 11-a-side all other players and coaches must wait at the half-way line while each penalty kick takes place.
Red and yellow cards	As for 11-a-side.
Sending-Off	REASONS: as for 11-a-side, especially violent conduct or serious foul play. PLAYER SENT-OFF: must not return to the pitch for the rest of that game and receives an automatic suspension for the next game. RE-PLACING PLAYER SENT OFF: after 5 minutes have elapsed, (or if two goals have been scored against them) the team with a player sent off may make up the numbers with a substitute. See tournament notes for further information about suspensions.
Slide tackles	Not allowed. SANCTION: DIRECT free kick
Substitutes	Rolling substitutes allowed only when ball is out of play. Substitutes must leave and enter from half-way line. Referee's permission required.
Throw-in	Replaced by kick-in (see above)
Time-wasting	SANCTION: INDIRECT free-kick to the opposition. Yellow card if blatant and/or persistent. Time wasting could be on the pitch or in retrieving the ball.

