

5v5 SYSA Rules of Competition (Outdoor Recreational Soccer)

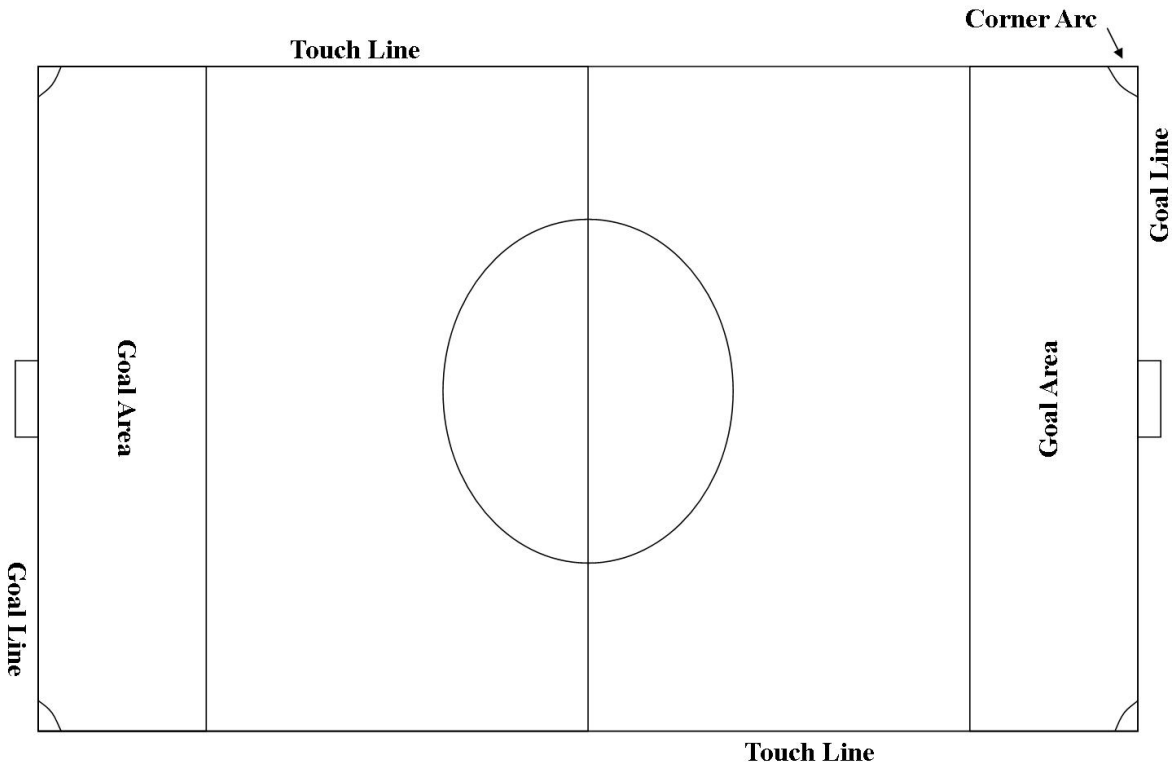
Rule 1 OUTDOOR/FIELD

All competitions shall be governed by the Rules as stated herein in all cases where they are applicable. All members of SYSA shall be governed by these Rules of Competition.

Rule 2 FIELD OF PLAY

2.1 Dimensions

- a) The following specifications are applicable to all 5v5 competitions administered by SYSA.
- b) The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line. The maximum length is 40 yards and the maximum width is 25 yards. Interior markings consist of four corner arcs (1 yd. radius), a center circle (6 yd. radius), and a goal area (6 yard line drawn from sideline to sideline). In case permanent goals are not available, flags or cones may be used to mark the goals and corners. If cones are used for goals, the top of the goalkeeper’s hands will determine the “imaginary” height of the crossbar. See drawing below.



**Goal Kicks:** May be taken anywhere within the Goal Area.  
**Goalie:** May use his/her hands anywhere within the Goal Area.

2.2 Game Postponement

A game may be postponed at the field site if weather conditions are too hazardous for play. Extreme weather includes lightning, snow or ice on the ground. Rain is not a reason to postpone play. In case of a postponed game, the SYSA Sports Coordinator has the ability to re-schedule the game as long as it does not conflict with the remainder of the season.

2.3 Team Responsibilities

All teams are responsible for the cleanup of the fields after each game. Please do not leave garbage on the sidelines.

## 2.4 Game Duration and Ball Size

5v5: Four 12-minute quarters with a 5-minute halftime break; a size 3 ball will be used.

## 2.5 Number of Players

Teams shall have no more than 10 players on the roster and 5 players on the field, one of which is a goalkeeper.

## 2.6 Substitutions

- a) Substitutions may be made, with the consent of the referee:
  1. For an injury
  2. At any stoppage of play
- b) Each player will receive 50% of the total playing time. Substitutions will be allowed in order to give an opportunity for all players to get equal playing time and to balance rather than run up the score.
- c) Players not on the field of play must remain two (2) yards behind the touchline and not within the distance of the goal area from the corner of the field. No players, parents, or spectators may be allowed to stand behind the goals.
- d) The referee of the game has the responsibility of ensuring that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee of the game who is satisfied that the bleeding has stopped.

## 2.7 Player's Equipment

- a) All players shall wear shin guards. Socks must be worn up and over the shin guards.
- b) A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry). **NO JEWELRY.**
- c) All players shall be in uniform to play. A minimum "official" uniform is the standard SYSA issued jersey with number, black shorts, and socks. Goalkeepers shall wear the issued SYSA goalkeeper jersey or a jersey of a different color than all other field members, including officials.
- d) Standard approved soccer shoes or gym shoes shall be worn by all players. A player may not play in their bare feet. Shoes with toe cleats will not be permitted.
- e) A player shall not wear anything that may be dangerous to other players or themselves.
- f) All or any member(s) of a team may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects provided that:
  1. The proper team uniform is worn outermost; and
  2. Any hat should be without peak, bill or dangling or protruding object of any kind; however, the goalkeeper may wear a soft billed hat; and
  3. Referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.
- g) No player shall be allowed to play in any regularly scheduled practice or game with an injury or a known medical condition, which can be communal or aggravated by playing.
- h) Prosthetic Devices require a physicians permission before a player may play and it must state the player needs to wear the device in order to play. Even then, such devices must pose no danger to other players on the field. The referee's judgment shall be the final determining factor.

## 2.8 Officiating

- a) 5v5: Games will be officiated by a parent/coach from both teams. A parent/coach from the home team will referee the first half and a parent/coach from the away team will referee the second half. The parent/coach must refrain from coaching while refereeing.
- b) It shall be the duty of the referee of the game to encourage clean competition and good sportsmanship at all times and to enforce the rules and regulations of the league.

## 2.9 Charging the Goalkeeper

- a) No player shall make physical contact with the goalkeeper, harass the goalkeeper or attempt to play the ball once the goalkeeper has possession of the ball in any manner and to any degree whatsoever.  
Note: Generally, one finger on the ball is considered having possession of the ball.

## 2.10 Coaching

- a) The coach or designated adult should attend every practice and every game. All coaches, team managers, and assistants must comply with all Risk Management requirements. There must be an approved adult at all functions.
- b) The coach should have a team and parent meeting at or before the 1<sup>st</sup> practice.
- c) The coach should hand out the team game schedule and announce team practice times and fields.
- d) The coach is responsible for his own behavior as well as that of his players, parents and spectators on his/her side of the field. Remember this is just for fun.
- e) Every player must play in each game at least 50% of the playing time unless they are not able to play due to illness or injury.
- f) Coaching from the sidelines is permitted but not recommended. Coaching must be done in a civil manner and the

tone of voice will be informational and encouraging, not demanding or critical.

- g) It is every coach's obligation and duty to attend coaching meetings in order to acquire information that, in turn, may be passed on to the players.
- h) Make sure that you have a game ball properly inflated before the game starts. The home team is responsible for providing the game ball.
- i) Make sure that your players are properly equipped, fit and emotionally ready to play.
- j) In case of injuries during the game, assure that the player is properly attended to. Check his/her condition after the game and follow up with a call to the home in the evening.
- k) In the event an injured player requires medical attention, he/she must have a written release from the doctor before returning to practice or play with the team.

### 2.11 Field Boundaries

5v5: Each team, its coaches, players and spectators shall be on opposite sides of the field. The designated home team shall have choice of sides. Both teams should never be on the same side of the field. Coaches and other team officials shall not enter the field unless requested to do so by the referee.

### 2.12 Practices

- a) 5v5: Only one (1) practice per week for one (1) hour is allowed.

## Rule 3 THE RULES OF PLAY

### 3.1 Start of Play

- a) The ball will be placed at the center of the field by the referee and the game will start with one player taking a kick into the opponent's half of the field, after a given signal by the referee. At the time of the kickoff, every player will be in his/her half of the field. Every player of the opposing team, to that of the kicker, shall be 6 yards from the center mark.
- b) The ball is in play when it is kicked and moves forward. The kicker shall not play the ball a second time until it has been touched or played by another player. **Punishment:** For any infraction of these laws the kickoff shall be retaken.

### 3.2 Restart of Play

- a) After a goal has been scored, the game shall be restarted with a kick off by a player of the team that gave up the goal.
- b) To start the second half, the game will be restarted with the kickoff by a player of the opposite team to that of the player who started the game.
- c) Restarting play after temporary delay: In the case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead. The ball shall be deemed "in play" when the ball has touched the ground.

### 3.3 Ball in and out of Play

- a) The ball is out of play when it is wholly crossed the goal line or whole touchline, whether it is on the ground or in the air.
- b) The ball is out of play, when the referee has stopped the game.

### 3.4 Method of Scoring

- a) A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air between the goal posts (flags) and under the crossbar (height of the flags).
- b) In the event that cones are used for markers, the height of the crossbar will be determined by the height of the goalkeeper's shoulders.

### 3.5 Offside Rule

The offside rule will not apply to at this age level however the intent of the rule will be followed. Positioning a player in front of the opponent's goal irrespective of the location of the ball on the field is contrary to the aims of the program. The referee shall take appropriate action to prevent this kind of play (an indirect kick to the offended team and instructional statements to the violating players and coach).

### 3.6 Fouls and Misconduct

- a) Kicks: Free kicks shall be classified under two (2) headings: "Direct", from which a goal can be scored by a direct kick against the offending side and "Indirect", from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal. The opponent must be 6 yards away before the ball is kicked.
- b) NO DIRECT KICKS WILL BE AWARDED AT THE 5v5 AGE LEVEL. ONLY INDIRECT KICKS WILL BE

USED.

- c) Penalty kicks will not be awarded.
- d) Play should stop when a player acts in a careless, reckless, or dangerous manner. The incident should be explained and then play is restarted with an INDIRECT FREE KICK for the opposing team.
- e) Slide tackling will not be allowed.
- f) If a penal foul is committed in the goal area, one of the fouls that normally would receive a Direct Free Kick, the ball shall be placed on the goal area line closest to the foul. An INDIRECT FREE KICK is then taken from there and players may be inside the goal area.

### 3.7 Throw-ins

- a) When the whole of the ball passes over the whole touch line, either on the ground or in the air, it shall be put back into play by a throw-in. The throw shall be taken from the point where it crossed the line, by a player of the opposing team.
- b) The thrower must face the field of play and must keep both feet on the ground while releasing the ball. He/she shall use both hands on both sides of the ball to deliver the ball from behind and over his/her head.
- c) One re-throw will be allowed if an incorrect throw occurs.
- d) The thrower may not play the ball until another player has touched it. If the thrower plays the ball a second time before another player has touched it, the above re-throw rules will apply.
- e) A goal shall not be scored directly from the throw-in.

### 3.8 Goal Kicks

- a) When the whole of the ball passes over the whole of the goal line, excluding the portion between the goal posts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the attacking team, it shall be kicked directly into play by a goal kick.
- b) A goal kick may be taken from anywhere inside the goal area.
- c) Any defending player, including the goalkeeper, may take the goal kick.
- d) The kicker shall not play the ball a second time until it has been touched or played by another player.
- e) The ball is in play when it crosses outside the goal area.
- f) A goal may be scored directly from a goal kick.
- g) The opposing team must be 6 yards away before the ball is kicked.

### 3.9 Corner Kicks

- a) When the whole of the ball passes over the whole of the goal line excluding that portion between the goal posts and under the crossbar, (either in the air or on the ground), having last been played by one of the defending team, a player of the attacking team shall have a corner kick.
- b) The ball shall be placed within a three (3) foot arc from the corner flag or cone and shall be kicked into play from that position by an attacking player.
- c) A goal may be scored directly from a corner kick.
- d) Players from the opposing team to the kicker shall not approach within the distance of the center circle measurement (6 yards) of the ball until it is in play.
- e) If the player who takes the kick plays the ball a second time before it has been touched by another player, the referee shall explain to the kicker the proper procedure of a corner kick. Then the referee shall award an indirect kick to the opposite team from a spot where the infringement occurred. For any other infringement the kick shall be retaken.

### 3.10 Miscellaneous Rules

- a) Dropkicking and punting will be allowed.
- b) Good judgment, sportsmanship and fair play should govern the decisions and actions of all the coaches, referees and spectators.
- c) Coaches, their assistants or spectators are not allowed on the field of play during the game unless permission is given by the referee (in case of emergencies or unusual situations).
- d) There will be no published team standings and game scores will not be recorded.
- e) **No heading will be allowed.**

*Revised 08-2016*