



## 5v5 Modified Rules of Play

### Law 1 – The Field of Play

Dimensions: The field of play must be rectangular.

Field Length Range: 30 – 40 yards

Field Width Range: 15 – 25 yards

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line.

*Optional: A circle with a radius of five (5) yards should be marked around the center mark.*

The Goal Area: A goal area that is 10 yards wide (4 yards from each goal post) and 5 yards out from the end line.

Flag Posts: Corner flags are optional.

The Corner Arc: None.

Goals: Goals must be placed on the center of each goal line. The recommended goal size is six (6) feet wide by four (4) feet high. Corner flags/Bicycle flags may also be used as goals.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

### Law 2 – The Ball

The 8 and under age group uses a size three (3) ball. The 9 and under age group uses a size four (4) ball. The U13 and older age group uses a size five (5) ball.

### Law 3 – The Number of Players

A match is played by two teams, each consisting of not more than five (5) players on the field, one of which is a goalkeeper.

Substitutions: At any stoppage of play and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. It is the coach's responsibility to enforce this rule.

Team Formation: For games in the 8 and under age group, it is recommended that flexibility is allowed in forming teams and moving players as needed. To balance games, provide maximum playing time and make the game as enjoyable as possible for all players, set team rosters are discouraged at this age group.

If set team rosters are used, the roster must have no more than 8 players per team.

### Law 4 – The Players Equipment

Conform to the IFAB Laws of the Game. Non-uniform clothing is allowed based on weather conditions, but uniforms must distinguish teams. Shinguards are MANDATORY for both practices and games, and must be covered entirely by socks. If needed, teams can be distinguished by scrimmage vests.

Safety: A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry, except for a medical alert bracelet/necklace).

## **Law 5 – The Referee**

There is no need for fully qualified referees to manage 3v3 games. One or both of the coaches should officiate / manage the game. Basic fouls and boundaries should be respected. All infringements should be briefly explained to the players.

## **Law 6 – The Assistant Referees**

None.

## **Law 7 – The Duration of the Match**

The match shall be divided into four (4) quarters up to ten (10) minutes in length. The length of the quarters do not have to be of equal length, as long as both coaches agree. There shall be up to a five (5) minute break between each quarter.

## **Law 8 – The Start and Restart of Play**

Conform to the IFAB Laws of the Game, with the exception that the defending team is at least four (4) yards from the ball until it is in play. Remember, let them play and do not interfere for technicalities.

## **Law 9 – The Ball In and Out of Play**

Conform to the IFAB Laws of the Game.

## **Law 10 – The Method of Scoring**

Conform to the IFAB Laws of the Game.

## **Law 11 – Offside**

None.

## **Law 12 – Fouls and Misconduct**

Conform to the IFAB Laws of the Game with the exception that all fouls shall result in an indirect free kick.

When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team at the spot of the infraction.

The game official should explain all infringements to the offending player. No cards shown for misconduct.

A hand ball infraction occurs when a player handles the ball deliberately. The “hand” includes the entire arm up to the top of the shoulder. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (ball striking hand or arm) is not an offense and should not be penalized.

## **Law 13 – Free Kicks**

Conform to the IFAB Laws of the Game with the exception that all free kicks are indirect and all opponents are to be at least four (4) yards from the ball until it is kicked.

## **Law 14 – The Penalty Kick**

None.

## Law 15 – The Throw-In

The throw-in should be replaced with the kick-in for 6 and under but the throw-in should remain for U8 and older. The ball is placed on the sideline near where it went out and is kicked into the field of play. Opposing players are to be at least four (4) yards from the ball until it is kicked/thrown. The player taking the kick can pass it to a teammate or dribble it in to start the game.

## Law 16 – The Goal Kick

The goal kick shall be taken anywhere along the goal line within about 1 yard from the goal post. Opposing players must drop off four (4) yards from the ball until the ball is kicked. The player taking the kick can pass it to a teammate or dribble it in to start the game.

*Option: If the goal area is marked on the field, then the goal kick shall be taken from anywhere inside the goal area. The ball is in play when it is kicked.*

## Law 17 – The Corner Kick

Conform to the IFAB Laws of the Game with the exception that opponents remain at least four (4) from the ball until it is kicked.

## Goalkeeper Restrictions

Goalkeepers in 5v5 must distribute balls by throwing. Goalkeepers may not punt the ball, doing so results in an indirect free kick for the opposing team from the half line.