



SOCCER 5 COED 5v5 LEAGUE RULES

KEEP IT FUN. KEEP IT RESPECTFUL.

Soccer 5 exists to provide a fun, competitive, and safe environment for everyone involved. Players are expected to show sportsmanship and maturity before, during, and after matches. **Arguing and abuse of referees, opponents, league personnel, or teammates will not be tolerated.** **Alcohol is strictly prohibited** on the fields and sidelines.

1. LEAGUE FORMAT AND STANDINGS

Season Format and Points

- Each team plays every other team once in the regular season, round robin format.
- Win equals 3 points. Draw equals 1 point. Loss or Forfeit equals 0 points.
- After the regular season, teams advance to a knockout playoff bracket.
- Top seeded teams may receive a first-round bye if required by bracket size.

Tiebreakers for Standings

1. Goal differential
2. Head to head result
3. Goals scored
4. Goals allowed
5. **Disciplinary points, lowest total wins**
6. Coin toss

Disciplinary Points

- Yellow card equals 1 point
- Red card equals 3 points
- Match abandonment caused by team misconduct equals 5 points, team total



2. LEAGUE FORMAT, ROSTERS, ELIGIBILITY, AND ACCESS

League Format

- **5v5 on field:** 5 players (1 goalkeeper, 4 outfield and at least 2 female players at all times)
- **Minimum to begin play, shorthanded kickoff:** 4 players including at least 2 female players
- **Minimum to start or continue a match as an official match:** 4 players on one side as above
- Maximum roster size: 12 players.

Roster and Player Eligibility

- All players must be 18 years of age or older and must sign a waiver to be added to the roster.
- Players may only be rostered on one team per division.
- Teams must have at least 5 players on the roster prior to their first regular season match.
- No new players may be added four weeks prior to the start of playoffs.
- A player must appear in at least two regular season matches to be playoff eligible.
- **Player account photo ID is required:** each player must create a member account and upload a photo that serves as their official player ID card.
- **Any player without valid ID is not permitted to play.**

Waivers and Match Day Sign In

- All players must be signed in on a Soccer 5 waiver for that match day.
- Failure to comply may result in a forfeit recorded as **5-0**.

Sideline and Field Access

- Only rostered players, referees, league officials, and **one team coach** (if applicable) are permitted in the team bench area.
- Spectators must remain in designated viewing areas only.
- **Coaches may not enter the field of play, may not address referees, and may be removed for misconduct.**

Roster Checks

- Teams may request a roster check of the opposing team **after the start and before the end** of the match.
- Requests must be made through the coordinator during gameplay.
- If an illegal player is found, not rostered or not signed, Soccer 5 may remove the player and or forfeit the match.
- Roster checks may not be requested after the match ends. **Soccer 5 decisions are final.**



3. MATCH DAY PROCEDURES

Coin Flip

- The winner chooses kickoff or which goal to defend.

Kickoff and Restarts

- Matches and second halves begin with a kickoff at midfield.
- After a goal, the conceding team kicks off.
- A direct goal may not be scored from a kickoff.

Match Duration

- Two 25 minute halves with a running clock.
- Halftime interval is 5 minutes. League may shorten to stay on schedule.
- The referee may stop the clock only for serious injury or excessive delays.

4. FORFEITS, LATE ARRIVALS, FEES, AND DEPOSITS

Late Arrival and Minimum Players

- Each team must be ready at kickoff. A 10 minute grace period may be allowed if the league permits.
- If a team fails to field at least 4 players, including a goalkeeper, by the end of the grace period, the opposing team can claim a **5-0** forfeit victory.
- A match may proceed with fewer than 5 players if both teams agree and each team has at least 4 players.

Forfeit Fees

- If a team cancels within 24 hours of scheduled kickoff, the team is responsible for paying the referee fee. This must be paid before the team's next game to remain eligible.
- If a team forfeits with less than 48 hours notice, they are responsible for covering the referee and field fees.

Deposits

- Deposits become non refundable 24 hours before the first scheduled league match.

5. WEATHER, SAFETY, AND GAME INTERRUPTIONS

Safety Priority

- Player safety always takes precedence over winning. Referees may stop play to enforce safety.



External Interruptions

If a match is halted due to facility issues or other external interruptions:

- If the first half is not completed, the match will be rescheduled and resumed from the existing score and remaining time.
- If the match reaches at least 5 minutes into the second half, the score stands as final.
- Playoff matches must be completed in full. If suspended, they will resume from the point of stoppage.

6. SCORING AND PLAYOFFS

Regular Season

- Regular season ties remain ties.

Playoffs

- If tied after regulation, teams play two 5 minute sudden death overtime periods.
- If still tied, the match goes to a shootout.

Shootouts, Playoffs Only

- 5 shooters per team.
- If still tied, sudden death follows.

7. BALL OUT OF PLAY AND RESTARTS

Kick Ins, Goal Kicks, Corners

- When the ball wholly crosses the sideline, play restarts with a **kick in**, not a throw in.
- When the ball crosses the end line and no goal is scored, restart is a goal kick or corner kick depending on last touch.
- Corner kicks may result in a direct goal.
- Opponents must remain at least 5 feet from the ball on restarts.

Kick In Time Limit

- Players have a maximum of 5 seconds for kick ins. Failure results in opposing team possession.

8. GOALKEEPER RULES

Distribution and Time Limit

- Goalkeepers **CANNOT** punt or drop kick the ball. A goal may not be scored directly from a throw or kick unless the ball touches another player before entering the goal.
- Goalkeepers have a maximum of 5 seconds to release the ball. Failure results in a corner kick for the opposing team.

Receiving From Teammates

- If a goalkeeper receives the ball from a teammate's deliberate foot pass, they may not pick it up.
- Goalkeepers may not directly catch a kick in from their own team.

9. SLIDE TACKLING AND PLAYING ON THE GROUND

NO SLIDE TACKLING

- Any slide tackle against an opponent is prohibited and results in a direct free kick. Inside the penalty area it is a penalty kick.
- Sliding to save a ball going out of bounds or to block a shot is permitted only when no opponent is within playing distance, at the referee's discretion.
- Goalkeepers may slide using hands or body first to collect the ball. Reckless or dangerous play will be penalized.
- Players may not intentionally play the ball while on the ground. Any such action results in a foul.

10. SUBSTITUTIONS

Unlimited Rolling Substitutions

- Substitutions are unlimited.
- Substitutions must be made during a stoppage in play and with the referee's consent.
- The player exiting must leave the field before the new player enters.
- There are no substitutions for ejected players.

11. FREE KICKS, PENALTIES, AND ACCUMULATED FOULS

Free Kicks

- All free kicks are indirect, except penalty kicks and fouls for slide tackling.
- Opponents must remain at least 5 feet from the ball.



Accumulated Fouls

- Each team is allowed 5 fouls per half.
- On the 6th team foul, the opposing team is awarded a penalty kick.
- Foul counts reset after each penalty.

Penalty Kicks

- Taken from the designated penalty spot.
- The goalkeeper must remain on the goal line until the ball is kicked.
- All other players must remain outside the penalty area.
- The kicker must place their weaker non dominant foot beside the ball. The kick must be executed in one continuous motion with the other foot.
- No feints or fake shots are permitted.
- Illegal feints resulting in a goal require a retake and a yellow card.
- Illegal feints resulting in a miss or save result in no retake.
- **Penalty kicks are one touch only. Rebounds are not allowed. Play restarts with a goal kick or kickoff depending on the outcome.**

12. OFFSIDES

There are no offsides in Soccer 5 leagues.

13. EQUIPMENT AND UNIFORMS

- Teams must wear matching jerseys or shirts with unique numbers.
- If both teams wear the same or similar colors, the away team must wear bibs.
- Footwear: only turf shoes or flats are allowed. **No metal or molded studs or cleats.**
- Shin guards are strongly recommended but not mandatory.
- Goalkeepers must wear a color that distinguishes them from outfield players and referees.
- No watches, necklaces, bracelets, rings, or other dangerous items. Medical alert bracelets must be secured or taped.
- Game ball will be a futsal/indoor soccer ball.

14. DISCIPLINE, EJECTIONS, FIGHTS, AND MATCH ABANDONMENT

Yellow Cards

- A player receiving two yellow cards in a match is ejected and must leave the field.
- League may impose additional discipline for severe offenses.

Red Cards

- A direct red card results in immediate ejection and a minimum one game suspension.
- The team plays a player down for the remainder of the match.
- Refusal to leave the facility after being sent off may result in the game being ended and or forfeited.
- The captain may appeal a suspension to the League Board. The Board may uphold, reduce, or remove the suspension after review.

Fighting and Violent Conduct

- **Any fight, attempted fight, or violent conduct results in immediate removal from the facility.**
- **Players involved are subject to expulsion from the league and a permanent ban from participation.**
- **Teams involved may be expelled from the league with no refund.**

Team Misconduct and Abandoned Matches

- Matches abandoned due to one team's misconduct result in a 5-0 forfeit, or the current score if greater.
- If both teams are at fault, each receives a 5-0 forfeit.
- Roster or ID violations may result in a direct forfeit or disqualification.

Referee and Spectator Conduct

- Abuse of referees, opponents, or league personnel is strictly prohibited.
- Spectator misconduct may cause forfeits, fines, or expulsion.
- Referee decisions on field are final and cannot be appealed during the match.
- The league organizing committee makes final decisions on administrative and disciplinary matters.

15. PROTESTS AND APPEALS

What can be protested

- Only administrative issues, such as roster eligibility, rule misapplication, or scoring recording errors.

What cannot be protested

- Judgment calls by referees, including fouls, advantage, and misconduct decisions.

Process

- Protests must be submitted by the team captain in writing to the league within 24 hours of match end.
- League decisions are final.

16. AGREEMENT AND FINAL AUTHORITY

- By registering or participating, teams and players acknowledge they have read, understood, and agreed to these rules.
- Failure to comply may result in removal from the league without refund.
- Soccer 5 reserves the right to amend rules to address unforeseen circumstances or prevent exploitation.
- If a rule is not listed above, FIFA Laws of the Game apply.