

» Suggested Rules 5-side soccer



- » Gameplay will be 6 minutes per half continuous.
- » A penalty shootout will decide drawn games after the twelve minutes are up.
- » Each team is allowed three penalty kicks after which “sudden death” applies.
- » A goalkeeper may be changed at any time during a break in play.
- » To encourage maximum participation consider implementing a rule for gender and age balance.
- » Goals can be scored from anywhere.
- » Throw-ins are used when the ball goes out across the touchline.
- » Goal kicks are used when the ball goes out across the goal line.
- » After a goal is scored kick off takes place from the centre circle with both teams in their own half.
- » After a goalie makes a save and is in possession of the ball, they may not kick the ball out of their hands. They must throw the ball into play or preferably roll it to a team-mate.
- » Opposing players must be at least 5 yards back from the ball on free kicks.
- » All fouls (tripping, hand ball etc.) result in an indirect free kick.
- » All fouls committed inside the goal area by the defensive team result in a penalty shot. The penalty shot is to be taken 8 yards out from the goal line.
- » Each player is required to have FUN on and off the pitch!

The above rules are purely as a guideline. Amend, omit and add to as appropriate.