

5v5 IN-HOUSE MATCH RULES



RULES

- Teams to provide Parent Facilitator - facilitator will signal position of out of bounds on spectator sideline
- Goalies must wear different colored shirt, or pinnie, than teams in play
- Unlimited substitutions, can occur at any stoppage in play

KICK-OFFS

- Kick-off at midfield
- Attacking team may pass forward or back to start the game

OUT OF BOUNDS

- Goal Kicks
 - Opposing team will retreat to the four restart dots painted near the center of the field
 - Goalkeeper must take all kicks
 - Play may resume one goalkeeper passes AND receiving player has possession
 - If pass crosses halfline, it is live
 - Team in possession does not need to wait for opposing team to retreat, may resume play sooner
- Corner Kicks (Direct Kick)
 - Opponents must be 5 yards away until kicker strikes ball
- Sidelines (Indirect Kick)
 - Player will pass ball inbounds to teammate (no throw-ins)
 - Opponents must be 5 yards away until kicker strikes ball
- Goalie Possession
 - When the keeper saves ball, same procedure as goal kick
 - Goalkeeper must put ball back into play by rolling, throwing, or passing the ball (no punts or dropkicks)
- Power Play
 - If a team is down by five or more goals at any point, they are allowed to send another player in for a Power Play
 - If the team with the Power Play gets within four goals of the opposing team, the Power Play is over and the extra player returns to the bench

