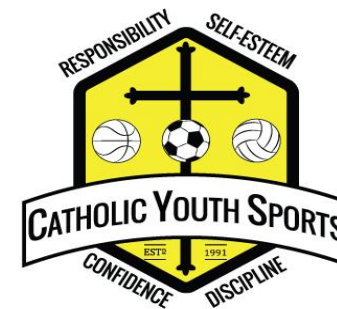
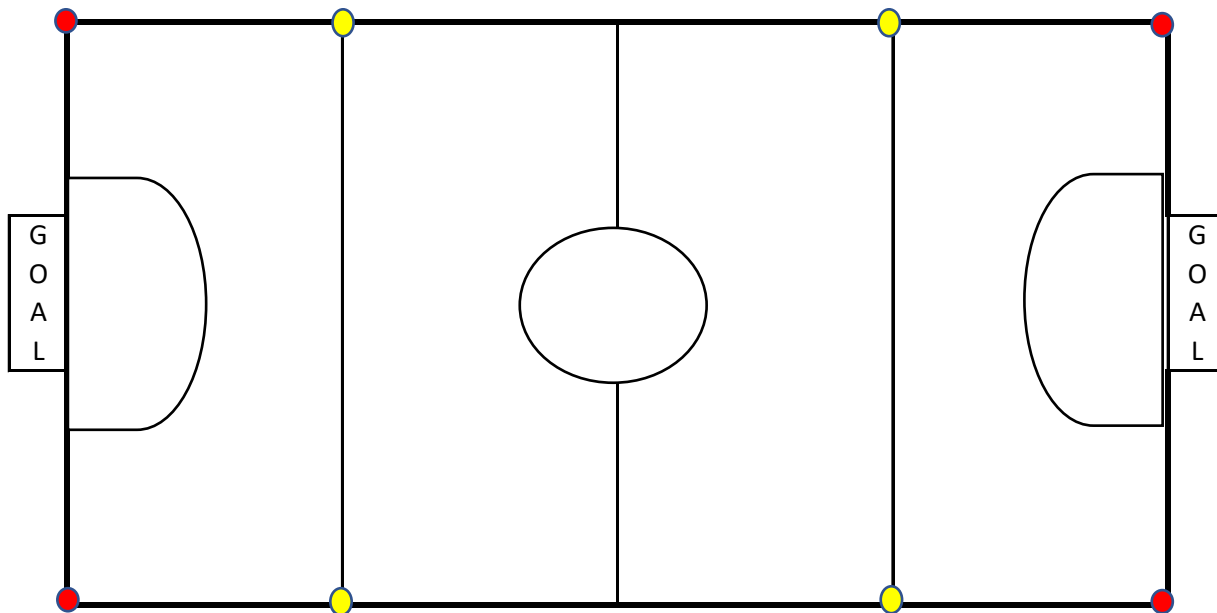


## 5v5 FORMAT AND RULES



**Field Size:** Approximately 30 yards by 40 yards.

**Roster Size:** Minimum of 6, maximum of 12. 5 players on the field with 1 designated GK in different color shirt than all field players.

**Goal Size:** PK4-2 will use 6'x12' goals. Grade 3-5 will use 6'x12' goals.

**Scoring:** 1 point for goals scored inside the shooting line. 2 points for goals scored from outside shooting line.

**NFHS rules apply, except as noted below.**

Yellow card = 2 minute penalty. Return to full squad if opponents score.

Red card = 5 minute penalty. Team must play short for full 5 minutes.

Substitutions any time from the half line. Exiting player must off field before new player enters.

Restart kick-ins from goal area line.

PK Shoot: Kicker starts at half line, GK on goal line. Referee blows whistle. Kicker has 5 seconds to attack goal and take shot. No rebounds.

No Off-side rule.

Throw-ins are indirect kick-ins.

Corner kicks are direct.

Goal kicks are indirect.

Fouls outside of shooting line are direct, fouls inside shooting line are indirect.

Defensive walls are 8 yards of the ball.

Pass backs cannot be picked up by the GK

Headers not permitted.