



Small Sided Standards

5v5 Standards of Play

Field

- 45-55 yards (length)
- 25-35 yards (width)
- Goals should be no larger than 6.5 feet (height) x 12 feet (width)
- Corner flags are not needed

Game

- Size 3 ball
- 5v5 with one designated goalkeeper (wears different color from both teams)
- Game will be divided into two 20 minute halves with no more than a 5 minute halftime
- Shin guards are required
- Substitutions are unlimited and can occur at any stoppage
- Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
- If used, all free kicks are indirect
- Opponents should be 10 feet away from the ball on all restarts
- No penalty kicks
- No offside
- Registered and certified referees are not needed at this level
- Since there is no referee, coaches are expected to manage the game environment using these standards of play and their best judgement
- Coaches are asked to call fouls if necessary following FIFA rules
- If a foul is called, coaches are asked to explain the infraction to the player and restart play
- Together, coaches and parents are expected to create and promote a fun and safe environment for the players
- No deliberate heading is allowed