



## **Small Sided Standards**

### **5v5 Standards of Play**

#### **Field**

- 45-55 yards (length)
- 25-35 yards (width)
- Goals should be no larger than 7 feet (height) x 13 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
- Goal kicks can be taken anywhere on the ground in the box. Max of 2 players from defending team in the box at time of the kick
- No punting
- If used, all free kicks are indirect (besides Penalty Kicks)
- Opponents should be 10 feet away from the ball on all restarts
- Penalty kicks will be from 6 yards out (Direct)
- 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