

5 a side Rules

Except where other provisions in these Rules are made, the Laws of Association Football apply. Each Rule is numbered to correspond with the appropriate Law of the Game. These Rules are mandatory.

1. PLAYING AREA

Small Side Football may be played with or without barriers. The following dimensions are recommended but the playing area must be rectangular.

Maximum Length:- 140' (42.65 metres)

Minimum Length:- 85' (25.91 metres)

Maximum Width:- 85' (25.91 metres)

Minimum Width:- 55' (16.76 metres)

(a) Centre Mark

A suitable mark should be made in the exact centre of the playing area on which the ball is dropped to commence a game. The centre mark should be surrounded by a circle 3' (0.91 metre) in radius. A half-way line may be marked across the playing area.

(b) Penalty Area

A semi-circle of 25' (7.62 metres) radius shall be drawn from the centre of each goal line. The extremities of these semi-circles should reach the wall, touch-lines or barricades regardless of whether or not the goal posts encroach on to the playing area.

(c) Penalty Mark

A penalty mark should be placed at a point 20' (6.09 metres) from the centre of each goal.

(d) Goal

The goals shall be 16' (4.89 metres) long by 4' (1.21 metres) high or 12' (3.65 metres) long by 6' (1.82 metres) high.

(e) Substitution Area

Where barricades are not in use two substitution areas shall be marked 9' (2.74 metres) on each side of the half-way line (if one is marked) from which substitutions must be made. Each area will be 3' (0.91 metre) long and marked on the side line and will be 3' (0.91 metre) deep.

Any amendments to the above dimensions must be approved by the appropriate sanctioning Association.

WARNING:

In view of a number of accidents that have occurred it is necessary to ensure that portable goals of any size are

either pinned or weighted to prevent them from toppling forward.

2. THE BALL

The ball used shall be a five-a-side ball, size four (4) or size five (5).

3. NUMBER OF PLAYERS

(a) The match shall be played by two (2) teams. One (1) player of each team shall be the goalkeeper, who must wear distinguishing colours.

(b) Three (3) substitutes per team shall be permitted at any time during a game from a maximum of three (3) nominated substitutes.

(c) The Rules of a Competition may allow for "rolling" substitutes to be used. The number of "rolling" substitutions is unlimited except in the case of the goalkeeper (see clause d).

A player who has been replaced may return to the playing area as a substitute for another player. A "rolling" substitution is one which is made when the ball is still in play and is subject to the following conditions:-

(i) the player leaving the playing area shall do so from the sideline crossing over at the substitution area.

ii) the player entering the playing area shall do so from the substitution area but not until the player leaving the playing area has passed completely over the sideline.

(iii) where barricades are used a player must use the opening onto the playing area.

(d) Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also that the change is made during a stoppage in the game.

(e) A match should not be considered valid if the playing strength of either team is reduced by more than two players.

4. PLAYERS' EQUIPMENT

(a) Footwear shall be worn in accordance with the Laws of the Game, and subject to any local regulations.

(b) The wearing of shinguards, which must be covered by stockings, in accordance with the Laws of the Game is compulsory. Any player who fails to wear shinguards do so at their own risk. Pitch Invasion accepts no responsibility for any injury to players due to missing or incorrect equipment.

5. REFEREES

A referee shall be appointed to officiate in each game. He shall have the same powers and duties as laid down in the Laws of the Game.

6. TIMEKEEPER/SCORER

An independent timekeeper/scorer may be appointed to assist the referee.

This official shall:-

(a) record goals scored;

- (b) act as timekeeper and signify half-time and full-time by an agreed signal;
- (c) suspend time on the referee's instructions for all stoppages and add that time to the end of each half.
- (d) supervise the use of "rolling" substitutes if permitted by the Rules of a competition.

If an independent timekeeper/scorer is not appointed the above duties are the responsibility of the referee.

7. DURATION OF THE GAME

The duration of the game shall be divided into two equal periods of a minimum of four (4) minutes and a maximum of fifteen (15) minutes subject to the following:-

- (a) allowance shall be made in either period for time lost through stoppages as decided by the referee and recorded by the timekeeper if appointed;
- (b) the duration of either half shall be extended to enable a penalty kick to be taken. At half time the interval shall not exceed two (2) minutes except by consent of the referee,

8. START OF PLAY

- (a) At the beginning of a game the choice of ends shall be decided by the toss of a coin.
- (b) Play shall be started by the referee dropping the ball on to the centre mark between one (1) player from each side, each of whom shall stand not less than 3'(0.91 metre) from the centre mark.
- (c) The game shall be re-started in like manner after a goal has been scored.
- (d) After any other stoppage the game shall be re-started by the referee dropping the ball at a point nearest to where it was when play was suspended, unless it was in the goalkeeper's possession, when the player shall, at the referee's signal, roll the ball out, if a height restriction is in operation, to re-start the game.

The referee shall not drop the ball within 6' (1.82 metres) of the lines marking the goal areas or within 6' (1.82 metres) of surrounding walls, side-lines or barricades, if in use.

9. BALL IN AND OUT OF PLAY

The ball shall be in play at all times from the start of the game unless:-

- (a) the ball rises above 4' (1.21 metres) in the event of a height restriction being imposed;
- (b) the ball has crossed the goal-line, side-lines or the barricades surrounding the playing area;
- (c) the timekeeper, if appointed, has given the signal for half or full-time;
- (d) the game has been stopped by the referee;

For a breach of any height restriction the penalty will be an indirect free-kick at the place where the ball was last played (unless the ball was last played by the defending goalkeeper in the penalty area, in which case the indirect free-kick shall be taken from a point not less than 6' (1.82 metres) outside the penalty area nearest to where the offence occurred).

If the ball rebounds above 4' (1.21 metres) from a wall, barricade, goalpost, crossbar, from a player who has made no attempt to play the ball, or other obstructions then the referee will re-start the play by dropping the ball at the point where the rebound occurred. (If this point is within the penalty area the ball shall be dropped at a point not less

than 6' (1.82 metres) outside the penalty area nearest to where the rebound occurred).

Ball out of Play

When the ball goes out of play where a height restriction is applicable a member of the opposing team shall roll the ball into play. When a member of the defending team puts the ball out of play over the barricade on that player's own goal-line where a height restriction is applicable, the opposing team shall be awarded a roll in corner. When a member of the attacking team puts the ball out of play over the barricade on the opponent's goal-line where a height restriction is applicable, the goalkeeper shall roll the ball out. (If the ball drops on the back of the net behind the goal it shall be regarded as out of play and the game shall be re-started with a roll-out by the goalkeeper). Alternatively, a kick is permitted if the match is played outdoors.

10. SCORING

A goal is scored when the whole of the ball crosses the goal-line between the goal posts and under the crossbar, provided it has not been thrown, carried or propelled by hand or arm by a player of the attacking side, except in the case of a goalkeeper who is within his own penalty area. A goal is not allowed if the ball was last played by a player of the attacking side whilst within either penalty area. (If the ball is last played by a defending player whilst within either penalty area, unless taking a penalty, a goal shall be allowed, unless that player entered the penalty area accidentally).

11. OFFSIDE

There is no offside. Players may place themselves in any part of the playing area outside the penalty areas.

12. FOULS AND MISCONDUCT

(a) Charging/sliding tackles are forbidden and shall be penalised by the awarding of a direct free kick.

(b) A player who unfairly impedes the progress of an opponent when not playing the ball shall be penalised by the awarding of an indirect free kick.

A player who is sent off shall not be allowed to take any further part in the competition on that day. No substitute is allowed for a player dismissed for misconduct during the game in which the offence occurred.

13. FREE KICK

When a player is taking a direct or indirect free kick all of the opposing players shall be at least 6' (1.82 metres) from the ball until it is in play. All free kicks given against the defending side for infringements committed in or near the penalty area shall be taken from a distance not less than 6' (1.82 metres) outside the penalty area at the nearest point to where the offence occurred.

14. PENALTY KICK

A penalty kick shall be taken from the penalty mark and, except for the defending goalkeeper, only the player taking the kick can enter the penalty area and for that purpose only. Whether or not a goal is scored from the kick the player concerned must leave the penalty area immediately after taking the kick and before taking any further part in play.

15. GOALKEEPER RETURNING THE BALL INTO PLAY

After holding the ball the goalkeeper must immediately return the ball into play with an under-arm bowling action. It must not be thrown nor kicked if a height restriction is in operation.

Punishment for Infringement

An indirect free kick shall be taken by a player of the opposing team from a point 6' (1.82 metres) outside the penalty area nearest to where the infringement occurred.

16. PLAY WITHIN THE PENALTY AREA – WHERE APPLICABLE

Only the defending goalkeeper is allowed within the penalty area except when a penalty kick has been awarded, and then only the player taking the kick can enter the goal area. If a goalkeeper leaves the penalty area he is then treated as any other player.

Punishment for Infringement

(i) by the attack - a direct free kick at a point 6' (1.82 metres) outside the penalty area nearest to where the infringement occurred.

(ii) by the defence - a penalty kick.

(Note: Referees should distinguish between accidental and intentional entry into, or exit from, the penalty area. Only deliberate actions where the player either plays the ball or tries to play the ball should be penalised. Accidental entry or exit that has no effect on the play should be ignored.)