

Summer 5–A–Side Soccer



Each team will need to provide a referee

Junior Rules

These rules are in place for safety reasons. Please use discretion for penalties (education first) and try to keep the game moving as much as possible. Keep it fun for all the kids!

- ❓ **5 Players from each team on the field at a time (1 goalie and 4 outfield players).**
- ❓ **Rolling substitutions can be made at any time.**
- ❓ **Game time is 12 minutes each half (2 minutes between halves).**
- ❑ **Kick off from the centre. If a goal is scored the opposition team restarts with a kick off from the centre. After half time whoever did not begin the game kicks off.**
- ❓ **Kick ins from the side line where the ball goes out. Cannot score directly from kick ins.**
- ❓ **Corner kick if ball goes over goal line when last touched by defending team**
- ❓ **Goalies only allowed in goal circle. If an attacker enters the circle goalie gets ball. If defender enters circle opposition kick in from the side. Goalie may step out of circle to kick a ball.**
- ❓ **Goalie throw/roll in only - no placed or drop kicks**
- ❓ **Goalie can only handle the ball within the goalie circle - indirect hand ball if they handle outside the circle**
- ❓ **All penalty kicks are indirect - must touch another player before going in goal**
- ❓ **4 second rule - if the game stops e.g. ball out of field, game must restart within 4 seconds of player having possession of the ball
Goalie must throw/roll the ball within 4 seconds of possession**
- ❓ **4 metre rules - all players to keep a 4-metre distance from any kick ins, goalie throws, penalties etc**
- ❓ **No offsides**