



5th & 6th Grade Rule Book



Registration: All players **MUST** be registered with the BGCLCV before participating on a team.

Equipment:

- The Ball: Size 5.
- Uniform: BGCLCV issued uniform. Non-uniform clothing is allowed based on weather conditions.
- Footwear: tennis shoes or soccer cleats.
- Shin guards: Must be worn.
- Illegal Equipment: hard protruding objects, casts, jewelry and zippers.
- Goals: 7 ft high x 21 ft wide.

Players:

- Maximum number of players on field at any one time is eight (including goalkeeper).
- Maximum number of players on the roster should not exceed sixteen (16).
- Substitutions: At any stoppage with permission of referee (subs must enter at midfield). If a player(s) enters the field of play without official's permission, a yellow card can be administered after 1st offense.
- Teams and games are **not** co-ed.
- Playing time: Each player SHALL play a minimum of 33% of the total playing time. It is the coach's responsibility to monitor playing times. If necessary, referees, field monitors and/or the Athletic Director will enforce this policy if it is not being followed.
- If a team does not have eight (8) players to start a game, they have the option to play with less players (minimum of 6) or forfeit the game. If they choose to forfeit, they may borrow a player(s) from the other team if there are enough players to start a regulation game. In this scenario, the team with enough players to start the game will get the win if team (regardless of the final score).
 - Referee will select the player from other team at random to start a game.

Player Placement:

- See player placement policy on the website (www.poweroftheclub.org).

Field Size:

- Dimensions: The field of play shall be rectangular, 40x75yds.
- Markings: Distinctive lines no more than five (5) inches wide.
 - Halfway Line: shall be marked out across the field.
 - Center Circle: with a five (5) yard radius.
 - Corner Arcs: Four (4) each with a one (1) yard radius.
 - Goal Area: Six (6) yards from each goal post and six (6) yards into the field of play joined by a line drawn parallel with the goal line.
 - Penalty Area: Twelve (12) yards from each goal post and fourteen (14) yards into the field of play joined by a line drawn parallel with the goal line. Penalty kick mark is made at twelve (12) yards from the goal line.

Start and Restart of Play:

- Rock, paper, scissor or coin flip administered by referee. Winner chooses if they want to start with the ball 1st or 2nd half; and loser picks which side they will defend in half #1.
- The offense can have any number of players in the center circle on their half of the field.
- The defense must be outside the center circle and on their own half of the field

Duration of the Game:

- The game shall be divided into two 28-minute halves with a 5-minute halftime break. No added time for a tied game after regulation in a regular-season game.
- Tournament games tied after regulation will be determined by a five (5) penalty kick shoot-out, followed by a sudden death shoot-out if necessary.

Ball in and Out of Play:

- Ball must completely cross the line to be "out of play," ball is "in play" if any part of the ball is on or above the line.

Throw-In:

- Awarded when the ball completely crosses the sideline.
- Opponent must be eight (8) yards away.
- Players' back foot must stay on the ground when releasing the ball.
 - Failure to do so will result in loss of possession

Method of Scoring:

- The ball must completely cross the goal line between goal posts and beneath crossbar for a goal.

Off-Side:

- Offside Position- PLAY IS NOT STOPPED FOR OFFSIDE POSITION. A player is in offside position if that player is nearer to the opponent's goal line than both the ball and the second to last defender. This only applies in the defender's half of the field.
- Offside Offense- A player in an offside position is penalized **ONLY IF**, at the moment the ball touches or is played by a teammate, that player is involved in active play. The opposing team gets an indirect free kick from the place where the offense occurred.
- No Offense- There is no offside offense if a player receives the ball directly from a goal kick, throw in, or corner kick.

Fouls and Misconduct:

- The yellow card is used to communicate that a player or coach has been cautioned.
- The red card is used to communicate that a player or coach has been ejected.
- A yellow card requires the player to immediately leave the field and be substituted for. The player may return to the field at the next regular substitution.
- A red card results in immediate ejection from game with no replacement permitted.

Free Kick:

- Opponents must be eight (8) yards away.

Penalty Kick:

- Awarded when a defending player commits a foul within their own penalty area.
- Penalty Mark is made twelve (12) yards from the goal post in the center of the field.

Goal Kick:

- Awarded when the ball passes over the goal line in the attacking end and is last touched by the attacking team.
- The opposing team puts the ball back into play with a goal kick inside goal area.

Corner Kick:

- Awarded when the ball passes over the goal line in the attacking end and is last touched by the defending team.
- The opposing team puts the ball back into play with a corner kick inside the corner arc.

Slide Tackling: Not allowed at this level

Heading policy/rule: (New for Fall 2019) Players cannot use their heads to control a ball in the air, pass the ball OR shoot on goal. If a player heads the ball, the referee will blow their whistle and award a free kick to the opposing team. **Teams in this age group can practice heading the ball in training only.**

General Rules: Coaches are responsible for knowing and following the rules and having them available at every game. The rules govern the game and are not open to negotiation. All rules apply. Ignorance of the rules or inadvertent violations will not be tolerated. The rules supersede any error made by a referee during the course of the game. Any situation/incident not covered by the rules will be arbitrated by the Athletic Director (upon consulting with the field monitors, referees and all involved parties).

For more information contact:

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