



# 5th & 6th-Grade Rules



**Registration: All players MUST have a current 2024-25 Club membership, signed release forms and all fees paid prior to participating in our 2024-25 Fall/Spring Soccer Leagues.**

## Equipment:

- The Ball: Size 5
- Uniform: BGCLCV issued uniform. Non-uniform clothing is allowed based on weather conditions. Face coverings are optional during play and recommended on the sidelines IF COVID-19 restrictions are in place.
- Footwear: tennis shoes or soccer cleats. No baseball/softball/football cleats allowed.
- Shin guards: Must be worn (under socks).
- Illegal Equipment: No hard objects (i.e., casts, jewelry, etc.) or any hazardous items may be worn.
- Goals: **7 feet high x 21 feet wide. (Goals at Normal Hill field will be 6' high & 18 feet wide.)**

## Players:

- Maximum number of players on field at any one time is 8 (including goalkeeper).
- Maximum roster size is sixteen (16). Rosters can only exceed 16 if coach & AD approve.
- Substitutions: At any stoppage with permission of referee (subs must enter at midfield). Coaches – please make sure the referee stops play and waves substitutions onto the field.
- Team rosters may include both female and male players (co-ed). Depending on registration numbers per gender, we may have both female and male divisions.
- Playing time: Each player SHALL play a minimum of 33% of the total playing time. It is the coach's responsibility to monitor each player's playing time.
- If a team does not have nine (9) players to start a game; but has eight players, then we will play 8v8 format. A team can start the game with as few as six players. A team can "borrow" players from their opponent if there are enough players to play a regulation game. The team loaning players to start the game will win the game (regardless of the final score). NOTE – Players can ONLY be borrowed from the opposing team (no other teams can be used to increase lineup numbers).

## Field Size:

- Dimensions: The field of play shall be rectangular (42 yards wide x 75 yards long).
- Markings: Distinctive lines no more than five (5) inches wide.
  - Midfield Line: shall be marked out across the field.
  - Center Circle: with a four-yard radius.
  - Corner Arcs: Four (4) each with a one (1) yard radius.
  - Goal Area: Seven (7) yards from each goal post and seven (7) 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 twelve (12) yards into the field of play joined by a line drawn parallel with the goal line. Penalty kick mark is made at ten (10) yards from the goal line.

**Pre-game equipment check** – Three (3) minutes before start time. Have all players line up along the penalty box line (on bench side) for equipment (shoes & shin guards) check.

**Pre-game conference** – One (1) minute before start time. One coach and one captain per team will go to midfield for the conference. Have starters out on the field in their positions at this time. Designated HOME team will have possession to start the match. VISITING on offense to start 2<sup>nd</sup> half.

- 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 3-minute halftime break. No added time for a tied game after regulation in a regular-season game.

- Tournament matches tied after regulation will be determined by a five-player 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/bounds. Ball is “in” if any part of the ball is on or above the sideline

#### **Throw-In:**

- Awarded when the ball completely crosses the sideline.
- Opponent must be five (5) yards away.
- Players’ back foot must stay on ground when releasing the ball. Foul throws = 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 last defender (not including goalkeeper). This only applies in the defender’s half of the field.
- Offside Offense- A player in an offside position is penalized **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 Offside - No violation if 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 be substituted. 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.
- The penalty kick spot is made ten (10) yards from the goal post in the center of the field.

#### **Goal Kick:**

- When the ball passes over the goal line in 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:**

- When the ball crosses 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: 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, teaching and following the rules; including the Club’s No Tolerance Policy; which deals with coach/player/fan sportsmanship/behavior. Any rule or incident/situation not covered by our sport rules will be reported to the field monitor and reviewed by the Athletic Director. All leagues will be governed by the Athletic Director; who will arbitrate any problems, issues and/or penalties.

For more information, contact:

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