



5v5 - League Rules and Guidelines

Registration:

Each team leader must report to the coordinator upon arrival at the venue. The coordinator will be located near Pitch 8 or the entry to the pitches. If you are unable to attend, please email info@sportspathwaygroup.com.

The Ball:

All games will be played with a size 3 ball provided by the coordinator. If the ball is removed from the pitch during play, please use your own.

The Pitch:

Games will be played on synthetic pitches surrounded by walls/boards, meaning the ball will remain in play at all times. Players can use the boards to rebound the ball.

Players:

Each squad consists of 5 players: 1 goalkeeper and 4 outfield players. We recommend having 2-3 additional substitutes to rotate during the game.

Goalkeepers:

- Goalkeepers are permitted outside the penalty area.
- Goalkeepers cannot kick from hand.
- The goalkeeper must release the ball within 5 seconds to maintain the game's flow.

Game Length:

Games will last 10-12 minutes (check the app for specific details). The hooter will signal the start and end of each game. Teams already on the pitch may kick off before the hooter sounds.

Fixture Changes:

The organising committee reserves the right to change fixtures, times, and fields up to the day of the event.

Cautions:

Coaches are responsible for removing players guilty of serious fouls or bad language. A common-sense approach should be applied.

Fouls:

- All free kicks are direct, with the defending wall positioned 6 feet away.
- Penalty kicks are taken from 3 feet outside the penalty area.

The Penalty Box:

- Goals cannot be scored from within the penalty area.
- Outfield players are not permitted to enter the penalty area to protect the goalkeeper.

Coaches and Substitutes:

- Coaches should stand on the same side of the pitch, near the door.
- A maximum of 2 coaches per team is allowed.
- Substitutes must remain at the door and be ready to enter without stepping onto the pitch prematurely.

Goal Scored:

After a goal, play restarts from the centre circle.

Support Player Rule:

If your team falls 3 goals behind, you may add one additional player for every 3-goal deficit. If your team reduces the lead or takes the lead, the extra player must be removed.

Player Challenges:

If your team is winning comfortably, consider introducing challenges to enhance player development. Examples include:

- One-touch play.
- Left-foot-only play.
- First-time finishes.
- Performing a skill to beat an opponent.

Swapping Team Players:

If a team cannot field enough players, you may provide additional players to form a composite team. Notify the coordinator on the day.

Team Cancellations:

If a team withdraws on the day, the fixture coordinator will try to arrange a composite or spare team. If this is not possible, the pitch will still be available for use during the allocated time.

Warm-Up Area:

We aim to provide a warm-up area before each age group schedule, but availability cannot be guaranteed. Warm-up times will not exceed 20 minutes. Check with the coordinator on the day.

Bibs:

Teams must bring their own bibs to avoid kit clashes. Bibs will not be provided by the league officials.

Spectators:

All spectators must remain outside the pitches.

