



# COTTEE'S SCHOOLS 5-A-SIDE RULES

## THE FIELD OF PLAY

30 metres x 20 metres

## GOALS

Pop up goals will be used. These will be approximately 2 metres wide by 1 metre high.

## THE BALL

Size 3

## THE NUMBER OF PLAYERS PER TEAM

5 players will be allowed on the field at any one time.

Players can be interchanged at any stoppage of play throughout the match.

## GOALKEEPER

No Goalkeeper

Players should be discouraged from permanently standing directly in front of the goals and encouraged to be involved in the game at all times.

## DURATION OF THE GAME

2 x 10 minutes (half time break 3 minutes)

## START OF PLAY AND EACH HALF

The game is started from the centre of the halfway line by a pass to a player in their own team. A goal can not be scored directly from a kick-off.

## RE-START AFTER A GOAL

A player from the team that conceded the goal will pass or dribble the ball into play from any point along their goal line. The team that scored the goal must retreat immediately to the half way line and can move once the ball is in play. A goal cannot be scored with a direct kick from the re-start. The Game Leader will use a "Ready... Set... Go" command to encourage quick re-starts.

## RE-START WHEN BALL CROSSING THE TOUCH LINE

A player from the team that did not touch the ball last before going out will pass or dribble the ball into play from the touch line. A goal cannot be scored with a direct kick from the re-start. Defenders should be 5 metres away from the ball. The Game Leader will use a "Ready... Set... Go" command to encourage quick re-starts.

## BALL CROSSING THE GOAL LINE AFTER TOUCHING THE DEFENDING TEAM LAST

A player from the attacking team when the ball went out of play will pass the ball into play from the corner arc or junction of the touch and goal line. Defenders should be 5 metres away from the ball.

## BALL CROSSING THE GOAL LINE AFTER TOUCHING THE ATTACKING TEAM LAST

A player from the defending team when the ball went out of play will pass or dribble the ball into play from any point along their goal line. The team that scored the goal must retreat immediately behind the half way line and can move once the ball is in play. A goal cannot be scored with a direct kick from the re-start. The Game Leader will use a "Ready... Set... Go" command to encourage quick re-starts.

## OFFSIDE

No offside

## FOULS AND MISCONDUCT

For deliberate and serious acts of fouls and misconduct and handball a free kick is awarded. All free kicks are indirect, with defenders 5 metres away from the ball. An indirect free kick means a goal cannot be scored unless another player other than the kicker has touched the ball. Fouls and misconducts include the act or attempt to kick, trip, strike, push, hold, tackle from behind, contact before touching the ball, abusive language, handling the ball or dangerous play towards an opponent or official.

Most fouls and misconduct at this level are not deliberate or serious and often caused by lack of coordination or skill. Game Leaders should give advantage to the attacking team, be fair to both teams and continue play at every opportunity.

## METHOD OF SCORING

A goal is scored when the whole ball crosses goal line between the posts of the pop up goals.

## GAME LEADER

A Game Leader is used as the referee. This person's main role is to keep the game moving fluently, limit stoppages and assist players with all match restarts. This person will be a year 6 or High school student, but can be a teacher or parent.