

# Olympic Soccer Academy 5 v 5 Recreational Guidelines and Rules Spring/Fall

Spring & Fall Season consist of 8 games.

All games are played on Sunday either 10:30am or 11:30am game start.

Boys & girls ages 6-14

5 v 5 consists of 4 field players and 1 goalkeeper. There will be max 9 player roster per team.

Minimum 4 players to play.

*Kids who play for a Club Travel Team will not be able to participate in our 5 v 5 recreational program.*

## LENGTH OF GAMES

Ages 6-7 Boys & Girls - 4 quarters/10 min per quarter

Ages 8-9 Boys & Girls - 4 quarters/12 min per quarter

Ages 10-11 Boys & Girls - 2 halves/24 min per half

Ages 12-14 Boys & Girls – 2 halves/25min per half

End of quarters will have 1 minute break.

5 minute halftime break.

## BALL SIZE

Ages 6-7 Boys & Girls – SIZE 3 BALL

Ages 8-11 Boys & Girls – SIZE 4 BALL

Ages 12-14 Boys & Girls – SIZE 5 BALL

**Substitutions:** On stoppage only... All players at the center of the field by sideline. Coach needs to yell "substitution" to referee. There are no substitution limits.

**Sideline out of play:** Throw Ins.

**Fouls:** All fouls are Direct Free Kick from the spot of the foul.

**Penalty Kick:** Middle of the Goal Box Line.

**Distance from ball on DFK:** 5 yards

**Offsides:** NONE

**Start of Game:** No goal can be scored from kickoff at the start of game.

**Out of bounds:** The entire ball must cross any endline.

**Goal Scored:** A goal is scored by having the whole ball cross the goal line between the goal posts.

**No Slide Tackling allowed.** First time warning, 2<sup>nd</sup> time yellow or red card.

**Headers.** Headers are allowed in all age groups.

**Throw Ins:** Both feet on the ground; ball thrown with both hands; ball thrown over the head. In play when enters the field. A ball that does not cross the touchline shall be re-thrown only once.

Referee discretion on when to award a bad throw in to opposing team. Can score goal from throw in

**Goalkeeper:** No punts or dropkicks. Goalie can throw it or roll it on the ground and then kick it after it is past the goalbox.

**No Jewelry, street glasses or casts, no metal cleats.**

**3-Goal Rule:** When a team is leading by 3 goals, the players that have scored on the leading team cannot score again. If they do, a goal kick will be awarded to opposing team.

**4-Goal Max:** No one player can score more than 4 goals in a game regardless of score.

Every player will play equal time unless player wants to sit out or injured. Rotate all players for playing goalkeeper. Goalkeeper can play a full game or switch per quarter/half.

Players and coaches exchange handshake or "high five" by forming a line down the middle of the field opposite of each other. Then make sure you high five the referee.

Referee will confirm the score on his score card and that it matches your game sheet.

***Make this a FUN experience for EVERYONE!***