

SportHQ 5v5 League Rules

RULES DURING PLAY:

- Game Duration: The game shall consist of two 20-minute halves separated by a 5-minute halftime period. Away team will be offered kick-off. Home team will be offered direction before the start of the game. Games during league play that are tied after regulation play shall end in a tie. Games during the Playoffs / Championship Rounds that are tied after regulation play shall proceed to Overtime (see Overtime Rules for Playoffs / Championship Rounds listed below). There are no timeouts and the Game Clock does not stop in 5v5 games. In the event that a field is behind schedule, the referee may limit warm-up time prior to the game (the referee should communicate any shortened time to each team).
- Substitution:
 - Substitutions may be made during dead-ball situations, regardless of possession.
 - Teams must gain the referee's attention and players must enter and exit at mid-field when prompted by the referee.
 - Substitutions should not be made on the fly!
- Kick Offs / Kick Ins / Direct and Indirect Kicks / Goal Kicks / Penalty Kicks:
 - KICK OFF:
 - May be kicked in any direction.
 - The kick off is an indirect kick – a goal **cannot** be scored directly from a kick off.
 - KICK-INS: The ball shall be kicked into play from the sideline, rather than thrown in.
 - The ball is considered in play when the ball is touched and changes position.
 - A kick-in is an indirect kick – a goal **cannot** be scored from this kick.
 - DIRECT & INDIRECT KICKS: All dead-ball kicks (kick-ins, kick-offs, free kicks, corner kicks) are indirect with the exception of penalty kicks.
 - GOAL KICKS:
 - May be taken from any point inside the GK arc.
 - All Goal Kicks are indirect kicks.
 - PENALTY KICKS:
 - Shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by an infraction (the infraction does not automatically result in a red card).
 - Penalty kicks are DIRECT kicks taken from 8 yards out with all players (on both teams) behind the half field, behind the shooter.
 - Penalty kicks are dead ball infractions.
 - If a goal is not scored, the defense obtains possession with a goal kick.
- Five Yard Rule: In all dead-ball situations, defending players must stand at least five yards away from the ball.
- GoalKeepers / Off-sides / Slide Tackling / Handball Clarification:
 - There is 1 Goalkeeper in 5v5 Soccer.
 - No Off-sides in 5v5 Soccer!
 - No Slide Tackling in 5v5 Soccer:
 - If a player is sliding for the ball, contact with any player(s) from the other team is NOT ALLOWED. If a player slides and contact is initiated, a free kick shall be awarded.
 - This does not prevent players from sliding to stop/intercept a ball where contact is not initiated during the slide.

- Example: a player may slide to save a ball from going out-of-bounds, so long as no contact is made with an opposing player.
 - Handball Clarification: Deliberate handling of the ball that denies a team of an obvious goal-scoring opportunity will result in the following:
 - (1) A penalty kick (at the discretion of the referee)
- BRACKETING: *Rankings, Seeding, and Tie Breakers:*

DETERMINING WINNERS: Teams will be awarded points on the following basis:

Three (3) points for each Win

One (1) point for each Tie

Zero (0) points for each Loss

Seeding Tie-Breakers

In the event of a tie in points at the end of League play or Play-off game; the winner for advancement to Semi-Final or Finals will be determined as follows:

1. The winner in head to head competition. (If there is a 3 team tie, proceed to the next tie breaker)
2. Goal differential
3. Most Goals scored
4. Fewest goals against.
5. Most total wins.
6. If a tie still exists after steps 1 through 5, teams will play a game consisting of a golden goal outcome (1st team to score wins) NO RULES WILL BE REVISITED

- Overtime Rules for Playoffs / Championship Rounds

Shall consist of sudden death overtime period, maximum length of three minutes, with a coin toss to decide kick-off direction.

The first team to score in overtime is the winner.

If no team has scored in the three minute-overtime period, the winner shall be decided by shootout.

- A coin flip will decide which team starts the penalty kick round.
- Three players from each team will alternate with each penalty kick taken at the endline with the higher scoring team winning after the first round.
- If the score remains tied after the first round of penalty kicks, players from each team, starting with the players not used in the first round of penalties and then using all the players from each team again, will rotate in a sudden death penalty kick format until one team scores unanswered.

Field Dimensions, Player Uniforms, Game Balls, etc.

- Field Dimensions
 - 19 Yards x 36 Yards
- Player Uniforms
 - Each team is responsible for bringing their own uniform.
 - Please bring an alternate jersey in case of jersey color conflicts.
- Game Balls
 - Size 5 ball