



5-a-side Rules Basics

A copy of the Full Rules are on our website

Safety & Footwear

1. No jewellery, no watches, no fitness bands, or similar items are allowed to be worn on courts.
2. No climbing fencing and no climbing goals permitted at any time for any reason.
3. Shin pads are compulsory.
4. Boots with blades or metal studs are not allowed. Regular soccer boots or joggers are permitted.

Teams & Players in Games

1. Only players Registered into the team, with ID photo's, are allowed on the court at any time.
2. Max of 8 players with 5 players on court during play (1 as a dedicated Keeper).
3. Interchanges of players can take place immediately following a goal. You may request an interchange when your keeper has the ball in their hands.
4. Teams can make as many interchanges as they like in a game.

General Play

1. No sliding in any situation (keepers excluded), no charging, and no headers.
2. No offsides, but must be behind the ball at centre restarts.
3. All free kicks are direct except for breaches of the height rule, which are indirect.
4. The defending team must be at least 2m from all free kicks and centre restarts.
5. Do not challenge a player who has possession of the ball in the corner.

Ball Height

1. The ball cannot go above the solid rebound boards (1.2 metres high). An indirect free kick will be awarded against the last player to play at the ball before it went high.
2. If the ball was deflected high off the keeper or the goal posts from an attacking kick, the keeper will restart play with a "roll-out".

Keeper Issues

1. Keeper can be changed during any stoppage provided the Ref is advised.
2. The keeper is the only player allowed inside the goal circle. He/she is not allowed outside the goal circle, and cannot touch the ball when it is outside the goal circle.
3. The keeper may kick the ball in general play, but cannot place the ball on the ground to take a kick.
4. The keeper may pick up the ball at any time. Play will be restarted by rolling the ball out with an underarm bowling motion.
5. After the ball is rolled out by the keeper it cannot be returned (either deliberately or accidentally) directly to the keeper, or come to a stop in the goal circle. The ball must touch a second player first.

Yellow and Red Cards, and Suspension / Banning Players

1. 5sports maintains a "zero tolerance" policy towards foul and abusive language and any form of violence including verbal and physical. Any of that conduct will result in a yellow or red card, and possible suspension or ban from 5sports.
2. Referees have the authority to yellow or red card any player at their discretion.
3. Excessive appealing for free kicks, aggressive appealing, and arguing over referee decisions will result in yellow or red cards. Team captains may respectfully discuss rulings with the referee at half time.
4. Any use of the rebound boards and fencing as a means to injure a player can result in a yellow or red card, and possibly suspension or ban.
5. All red card offences will be reviewed by 5sports management, and suspensions or bans will be applied according to determination of management.

WARNING !

1. Every game is covered by CCTV and games can be reviewed to identify anything missed by a referee.
 - Suspensions or bans may result from these reviews of CCTV.
2. Therefore do not take matters into your own hands - report it to 5sports Ref or Reception during or after the game and the matter will be dealt with by 5sports management.
3. If required, CCTV will be provided to the Police if requested by the Police.

Please refer to the full version of the 5-a-Side soccer rules on our website.