

5 v 5 Olympic Friendlies Game Rules & Guidelines

All teams will play 3 games
Boys & girls ages U10 – U14

5 v 5 consists of 4 field players and 1 goalkeeper.

There will be maximum 8 player roster per team & minimum 6 players on roster.

LENGTH OF GAMES

2 halves/25 min per half.
4 minute halftime break.

BALL SIZE

U10 – U12: SIZE 4 BALL
U13 & U14: 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: Just outside the goal box.

Distance from ball on DFK: 6 yards

Offsides: NONE

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

No Slide Tackling allowed. First time warning, 2nd time yellow or red card.

Goalkeeper: No punts or dropkicks. Goalie can throw it pass the half but can't kick it pass the half unless it bounces prior.

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

4-Goal Rule: When a team is leading by 4 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. This helps with getting other players involved and having goal scorers play other positions.

4-Goal Max: No one player can score more than 5 goals in a game regardless of score.

We will not tolerate any verbal abuse or any type of confrontation from any player, coach or parent towards the referee, other players, coaches or parents. This is an environment to help evaluate your players prior to season starting. Please don't focus on the score or the questionable calls by referees. We will ask players, coaches, and/or parents to leave if there are any issues. No REFUND!

In case of bad weather, we will use coach's cell phone to communicate. If fields are not playable or weather does not allow for play, we will then cancel and offer a prorated refund based on games played minus \$30 administration/setup fee.

We are creating a great platform for kids to get more touches, more fitness and better overall evaluation for the coaches. Players will expose their weakness & their strengths during this 5 v 5 Friendlies.