



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 v 5 - No goalkeeper

Recommended three substitutes who may rotate during the entire game.

The Game Leader is allowed to make the substitutions while the ball is in play, but must wait until the substituted player has left the field.

GOALKEEPER

No goalkeeper

The Game Leader should continually discourage children from permanently standing in front of the goal.

DURATION OF THE GAME

2 x 10 minutes (half time break 3 minutes)

OFFSIDE

No offside

START OF PLAY, EACH HALF AND RE-START AFTER A GOAL

Pass forward to a team mate from the middle of the half way line. All players must be in their own half of the field of play. Opponents must be at least 5 metres away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

RE-START WHEN BALL CROSSING THE TOUCH LINE

There is no thrown in. A player from the opposing team to the player that touched the ball last before crossing the touch line will place the ball on the touch line and pass or dribble the ball into play. Opponents must be at least 5 metres away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

BALL CROSSING THE GOAL LINE AFTER TOUCHING THE DEFENDING OR ATTACKING TEAM LAST

There is no corner kick. Regardless of which team touched the ball last, a player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.

FOULS AND MISCONDUCT

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal). Most acts of handball or fouls and misconduct at this level are caused by lack of coordination, with no intent. In this case try and give the advantage to the attacking team and continue play. If you decide a deliberate or serious act of handball, foul or misconduct has occurred, explain to the child they have done the wrong thing and that they should not do this again.

METHOD OF SCORING

A goal is scored when the whole of the ball passes over the goal line, between the pop up goals.

GAME LEADER

The main role of the Game Leader is to keep the game moving fluently, limit stoppages and assist players with all match re-starts. Most importantly, they must make every effort to create an environment that ensures all players have fun and have maximum involvement. This person will be a Year 6 or High School student, but can be a teacher or parent. The Game Leader should always be Enthusiastic and approachable.

Most importantly - remember the children are learning the game - be flexible and patient.

