



Danville Parks and Recreation

Adult Soccer 5v5 Rules

Field of Play

Dimensions: 25 yards wide x 40 yards long.

Penalty Area: Box measuring 2-3 yards from each post, and 6 yards into field (deep).

Penalty Mark: 8 yards from the mid-point of the goal line.

Substitution Zones: 6 yards zone (3 yards on each side of halfway-line) on the bench side of the pitch.

The Goals: 6ft high x 12ft wide.

The Ball

Size: #5 regulation Ball.

Roster/Players

Minimum Number of Players to Start: 4, one should be goalkeeper.

Maximum Roster: 10

Substitution Limit: None

Substitution Method: "Flying Substitution" (all players besides the goalkeeper enter and leave as they please; goalkeeper substitutions can only be made when the ball is out of play).

Duration of the Game

Duration: Two equal periods of 25 minutes.

Half-Time: 5 minutes.

Time: Will be kept by Department Staff.

Points/Record

Win: 3 points awarded.

Draw/Tie: 1 point awarded.

Loss: 0 points.

Throw In

Throw-in will be allowed.

Fouls and Misconduct

FIFA Rules

All Free Kicks Direct.

Penalty Kick

To be taken from the penalty mark, 8 yards from the goal line.

All players must be out of the penalty area.

Offside

There is no offside.

Officials/Referees

Games to be self-officiated.

Restart Time Limit

Restart must take place within 5 seconds, or the ball is awarded to the opposing team

Pass Back to Goalkeeper

Goalkeeper may not handle the ball.

Sportsmanship

Players, coaches, and spectators are expected to always act in good sportsmanship. Any instance of such conduct will lead to ejection and further discipline by Parks and Recreation.