

CHFC 5 v 5 Rules

General:

1. 5 players per team on a field at once. 4 field players and 1 goalkeeper.
2. Game length is (two) 20 minute halves with 30 second halftime (Running Clock). Teams will switch ends, the 30 seconds is basically to allow teams to switch ends.
3. No timeouts.
4. Roster - 10 player max per roster. Players are not permitted to roster for another team in the same division. The only exception is if an outdoor team registers 2 or more Winter Blast teams. Players may cross roster on those sister teams to help out.
5. Teams MUST arrive promptly to ensure the game kicks off on time.
6. Teams must clear the field quickly to allow the next game to get started on time.
7. There is a zero tolerance policy towards referee abuse. Anyone not adhering to this will be suspended from the league.
8. There will be a maximum goal difference of 4 goals per game. This will be shown on the score machine. Any goals scored over this will not be accounted for.
9. Players MUST wear shin guards. Players without shin guards will not be allowed to play.
10. For a goal to be scored, the entire ball has to be over the line.
11. Players are allowed to go anywhere on the field.
12. U12 and below- size 4 ball, U13 and above- size 5 ball.
13. No heading for U11 and below.
14. Field dimensions and goalkeeping areas made with combination of cones and existing lines in place on turf (no additional lines added to turf)

Kick-off:

1. All players must be in their own half.
2. Defenders must be a minimum of 3 meters from ball on kick off.
3. The ball must be stationary at the center mark.
4. The referee gives a signal with the whistle.
5. You can play backwards if you choose.
6. A goal **may not** be scored directly from a kick-off, except corner kicks.

Kick-ins:

1. Kick-ins must be taken on the Touchline at the point where the ball crossed the line.
2. The kicker must have part of each foot either on the touch line or on the ground outside the touchline at moment of kicking the ball.
3. The ball may be played to the goalkeeper, but he/she may not play it with the hands.
4. The ball must enter the pitch within 4 seconds. If not, kick-in awarded to opposing team at that spot.

Goal Clearance:

1. There are no goal kicks / punts, everything is a roll / throw.
2. The goalkeeper must throw or roll the ball from anywhere in the penalty area.
3. The ball when thrown / rolled, must touch the floor or a player in the goal keepers half. Can't be thrown directly into other half. In direct free-kick on halfway line will be awarded.
4. Has only 4 seconds to place the ball into play- publicly counted with hand by Referee. If not, opposing team is awarded an indirect free kick on the penalty area closest to the spot of the where the goal keeper was.

Corner Kicks:

1. Ball must be placed within the corner area.
2. Ball must be stationary.
3. A goal may be scored directly from the kick.
4. Kicker has 4 seconds to place the ball into play. If not, opposing team is awarded a goal clearance.

Goalkeeper:

1. May not play the ball with the hands when intentionally passed back from the foot of a teammate.
2. If Law infringed, indirect free kick is awarded to opponents.

Free Kicks:

1. Opponents must be a minimum of 15 feet (5 yards/meters) from all direct free kicks, indirect free kicks, kick-ins and corner kick restarts.

Fouls:

1. ALL OUTDOOR FOULS APPLY with exception of offsides. There is no offsides.

Substitutions:

1. Unlimited flying substitutions i.e. players can re-enter the game as many times without notifying the referee, this includes goal keepers. The clock will not be stopped for substitutions. Players coming in must be in front of their team bench.