

CarShield FC - Winter 2026 5v5 Rules

GENERAL RULES

- Teams play 5v5 (four outfield players and one goalkeeper)
- The goalkeeper must wear a different color jersey than the outfield players.
- There is no offside in 5v5.

GAME FORMAT

All age groups will play (1) 40-minute half with a running clock. There is no overtime, stoppage time or injury time added to any game. There will be no HT break, with approximately a 5-minute warmup before the game.

PLAYER WAIVERS

All players must complete the ONLINE waiver for their team by Jan 1st, 2024.

The link for the online league waiver will be emailed to the coaches. Coaches need to forward the waiver to their players. No player will be allowed to compete in the league without an online waiver submitted.

No rosters are needed for this league.

SUBSTITUTIONS

- All substitutions are on the fly, including GK substitutions. Referees will not stop play for GK substitutions.
- A substitute may NOT enter the match until the player leaving the match is off the field. Any substitute who enters the field of play before the player being replaced has completely left the field of play may be shown a yellow card.

RESTARTS

- **Kick-Offs:** are indirect. The ball can be played forward or backward from the kick-off.
- **Kick-Ins:** are indirect. The ball must be placed on or no more than 10 inches behind the line and the kick must be taken within 4 seconds. (A kick-in that goes directly in the opposing goal is a goal clearance for the opposing team. A kick-in that goes directly in the defensive goal is a corner kick of the opposing team.)
- **Goal Clearances:** are taken when the ball completely crosses the goal line after being touched last by the attacking team. The GK must use his hands to roll, bounce or throw the ball from anywhere inside the penalty area to outside the penalty area. Goalkeepers can not punt the ball. The ball must bounce once before the GK kick's it.
- **Corner Kicks:** are direct. The ball must be placed directly on the corner spot and the kick must be taken within 4 seconds.

- **Free Kicks:** may be indirect. All free kicks must be indirect.. The ball must be stopped completely before the kick may be taken.

- **Penalty Kicks:** are taken from the penalty spot and must be shot at goal by a clearly identified kicker. Defenders may not be nearer to the ball than 16 feet and must be behind an imaginary line running from touchline to touchline even with the penalty spot.

RESTARTS cont.

- **Distance:** For all of the above, except goal clearances, opponents may not be closer to the ball than 16 feet.

- **Ceiling/Net:** If the ball hits the ceiling, net or other object, the team that did not touch the ball last restarts play with a kick-in from the nearest point on the touchline.

FOULS & MISCONDUCT

- **Indirect Free Kicks:** When a player plays in a dangerous manner, impedes an opponent (without playing the ball), slides, prevents the goalkeeper from releasing the ball with her hands or commits any offense for which play is stopped to caution or eject a player.

- **Yellow Card / Caution:** The offending player is shown a yellow card. If a player earns two yellow cards in a match, he is shown a red card.

- **Red Card / Ejection:** The offending team plays down for two minutes unless scored upon before the two-minute penalty expires. The offending player serves a minimum one-match suspension.

- **Penalty Spot:** 20 feet from the center of the goal

- **Advantage:** Advantage will be applied in futsal, with penal fouls still counting as accumulated fouls. If the referee shouts, "play on" and gestures with both arms, the foul was a penal foul and will be counted accordingly. If the gesture is with one arm, the free kick would have been indirect and thus does not count toward the total.

THE GOALKEEPER

- **UNIFORM:** Must wear a different colored shirt; may wear long pants and/r other padding as deemed safe by the match referee.

- GK should not pick up the ball from their teammates using their hands.

- May kick or throw the ball directly over the half-way line.

- May score directly with his/her feet during the run of play.

- May drop-kick the ball into play.

- A ball kicked or thrown directly into the opposing goal will result in a goal clearance for the opposing team.

- May not possess the ball for more than four seconds in their own half.

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