

Five Star Soccer Academy (HOUSE) Rules ADULT 2026

1: Field of Play: Players and coaches must enter and exit at the corners if the middle curtain has been closed.

Non-boarded turf field 195' x 95'. Lines, netting and structure will serve as "out of bounds"

Full field with 16' x 7' goals. 5-A-Side: (95' x 80' Field with 3m x 2m goals)

2: The Ball: Five Star Soccer Academy will provide the game ball. A team ball may be used if agreed by both teams and the referee, however Five Star will not be liable for loss or damage to the ball.

3: Number of players: (See "Rules specific for COED)

5-A-Side (4 outfield players and a keeper – min 2 outfield players plus keeper)

Adult – 7 v 7 (6 outfield plus a keeper – min 3 outfield players plus keeper)

Over 30/40 can have one male player over 37 years old. He must be on the roster and declared as an "under aged player"

Players may only roster for one team in an age group division. If a player is used by another team in the same division, said team would forfeit the game. Some exceptions apply.

4. Substitutions: May be made on the fly, however, players entering the field must cross with the exiting players near the touchline.

5. Players equipment: (NO studded outdoor cleats) Indoor turf shoes, indoor flat shoes or sneakers are acceptable.

Mandatory: All players must wear "appropriate protective" shin pads fully covered by soccer socks. Team color jersey, if the referee feels that both team jersey colors clash, the home team will change. (Please note: Five Star DO NOT provide pinnies)

Players must not wear anything that may be dangerous to themselves or others (including watches, fitbits or any kind of jewelry) The referee shall enforce the laws of the game established here and according to F.I.F.A, U.S.S.F, and U.S.Y.S.A.

6. Duration: League games will consist of 2 x 23 minute halves with a 2 minute halftime period.

5-A-Side will be 4 x 10 minute periods with a 2 minute half time

7. Start and Restart: Team listed first on the schedule is the home team and will begin the game with the opening kick-off, the kick-off is indirect and may be played backward. "A goal may not be scored directly from a kick off"

8. Ball in and out of play: The ball is out of play when; it crosses the touch line, hits the netting or structure and/or comes into contact with any player, persons or objects deemed not in play. If the ball hits the ceiling, lights or any part of the structure above the net or goes over the top of the net, this will result in an indirect free kick from where the ball was kicked.

9. Method of scoring: Ball must completely cross the goal line between the posts before the buzzer or time expires.

A difference of 5 goals only will be displayed on the scoreboard, however they will be added to the score sheet. The team that is down by 5 goals **MUST** add a player (if available) unless the team is serving a penalty.

10. Fouls and misconduct: (F.I.F.A. rules apply) in addition. NO SPITTING - NO SLIDING - NO FIELD MARKING

SPITTING: Any player spitting on the field will be given a 2-minute penalty, second offense will be ejection from the facility and possible disciplinary action. - **SLIDING:** Sliding of any kind is considered dangerous play and may result in a 2-minute penalty. Slide tackling will result in an automatic 2 minute penalty. **MARKING THE FIELD:** This action damages the turf and will result in a 2 minute penalty.

Six foul rule: The 6th team foul will result in a 2-minute penalty, (Must be served) Any player may serve the team foul. Fouls not included in the Six foul rule: Any individual foul deserving of a caution, Any non contact foul determined as obstruction or dangerous play only.

Cautions: Blue card: can also be a verbal penalty, will serve as a 2-minute penalty, if the opposing team Scores the player may re-enter the game before the 2 minutes has been served. If a goalkeeper receives a blue card an outfield player may serve the penalty. Fouls are carried over from the first half.

Caution Yellow card: Serves as a 5-minute penalty, the player or keeper receiving the caution must serve the full 5 minutes and the team will play down a player. A second caution will result in a Red card.

Ejection Red Card: Will result in ejection from the facility and a minimum one game suspension for the player, the team will play down a player for a full five minutes. Monetary fines will be imposed for red and yellow cards issued which will be donated to a local charity at the end of the season.

11. Free Kicks: All opposing players must be approximately ten feet from the ball on all free kicks; the ball must be put in play within approximately 6 seconds. If the ball hits the referee, the game will be stopped and the restart will be an uncontested "drop ball" given back to the team last in possession.

12. Penalty kicks: The Penalty kick is to be taken from the penalty mark, the penalty taker is to be no more than three feet from the ball and all other players must be behind the yellow line.

The goalkeeper must stay on the goal line and not move forward until the ball has been played.

13. Goal Kick: Indirect, to be taken from the inner box. Defender may play the ball before it leaves the outer box.. The ball may not be kicked directly over the halfway line without contact from another player.

14. Corner Kick: Corner kicks are direct and are taken from the marked area in the corner of the field

15. Throw In: A goal cannot be scored directly from a throw in. Opposing player must be at least 6 feet from the thrower and may not impede or obstruct the thrower from putting the ball in play.

16. Offside: Offside rule will be enforced from the opposition "OFFSIDE" line.

Specific Rules for COED

- A. Adult 40/30 COED: All male players must be age 40 or older, all female players must be age 30 or older
- B. Adult Open COED: All male and Female players must be age 18 or older and out of High School
- C. 7 v 7 - at least 2 outfield players from each gender on the field (goalkeeper excluded)
- D. A minimum of 4 players (3 outfield players plus a goalkeeper) is required to start.
- E. If playing down due to lack of players or forced to play down due to penalties, each team must have 4 players with at least one outfield player from each gender plus a goalkeeper to continue the game.
- F. Games will not be played and will be recorded as a forfeit if the minimum requirements cannot be met.

Specific Rules for Goalkeepers

- A. No dropkicks or punting. The keeper may release the ball with the hands or feet once he/she has gained control.
- B. The Goalkeeper may not play the ball directly over the halfway line without the ball bouncing first or contact from another player.
- C. Goal Kicks are Indirect, to be taken from the inner box. Defender may play the ball before it leaves the outer box..
- D. Goal kicks may not go directly over the halfway line without contact from another player.
- E. Goalkeepers may use their body to dive for the ball, however sliding feet first is considered dangerous play.

Specific Rules for 5-A-Side

- A. 5 v 5 - A minimum of 3 players (2 outfield players plus a goalkeeper) is required to start.
- B. Goalkeeper box: Only the goalkeeper is allowed to play the ball in the goalkeeper box.
 - If an attacking player scores or assists in scoring from inside the box, the goal will not be given and will result in a goal kick.
 - If a defending player enters the box to deny a goal, the attacking team will be given a free kick to be taken from the side line closest to the goal area.
- C. Re-Starts:
 - Goal kicks: Opposing players must retreat to the half-way line on all goal kicks.
 - ALL free kicks with the exception of the penalty kick are indirect.
 - Out of bounds re-starts on the sidelines will be kick in's not throw in's.
 - Players must retreat approximately 10 feet from all free kicks.

Concussions and Player Safety

CONCUSSION: Any player who suffers a head injury where there is a possibility that the player may have suffered a concussion, that player may not continue to play in that game. Any player who suffers a concussion will need to provide a "return to play" document from a doctor before they can return to play.

CASTS / SPLINTS: A player may play with a cast or splint providing they have documented permission from a doctor. All casts and splints must be padded and covered, and must not present any danger to the player or players around them.

ZERO TOLERANCE

- 1. Fighting will not be tolerated; players fighting will be ejected from the facility and subject to possible disciplinary action. If one or more players from the same team are involved the entire team will be ejected and barred from the facility without refund of any kind.
- 2. Damage to the facility will not be tolerated, anyone found damaging or defacing any part of the facility will be ejected from the facility and subject to possible disciplinary action and/or prosecution.
- 3. Verbal or physical abuse to any Five Star academy employees (including; referees, front desk and concession employees) will not be tolerated. Anyone guilty of such abuse will be ejected from the facility and subject to possible disciplinary action and/or prosecution.
- 4. Foul and abusive language on or off the field will not be tolerated; offenders will be asked to refrain from such language or asked to leave the facility.
- 5. Coaches will be responsible for their own actions, player's actions, and the actions of the spectators. The coach will be required to assist Five Star Soccer Academy as needed.

Five Star Soccer Academy is a privately owned business, please play within the rules. respect the facility, its employees, spectators, and opposing teams. No food, or drink (other than players / coaches water or sports drink containers) is allowed in the bench area. No chewing gum on the field or in the bench area. Trash barrels are provided for your convenience.

