

Please read these carefully:

- 1 keeper (goalie) + 4 players per team on the pitch at one time
- No slide tackles allowed
- A yellow-card (foul) is 2 minutes off the pitch - 1 red or 2 yellow cards is elimination from game + next game. Next game the team gets to play with full five players.
- No head-height rules - the ball may go as high as necessary without hitting another surface
- If the ball leaves the pitch it is kicked in from the ground (not thrown in)
- Football balls (size 5)
- If points are tied in round robin stages then: 1. goal difference 2. goals for 3. head to head
- Ties in the knockout rounds are decided by 5 penalty kicks followed by sudden death

Football 5-a-side Rules

- The referee's decision is final, players must only play to the referee's whistle. Players are not allowed to argue the referee's decision
- Substitutes will be "rolling". Players coming on to the field may not do so until the player being replaced has come off - substitute players cannot stand inside the field of play - they must wait outside the nets
- Minimum 4 players on the pitch for game to start. A game is called a forfeit if players on a team fall below 4 or if a team shows up 15mins late
- No off side rule
- All free-kicks are indirect - a deflected goal will count (even off the goal keeper)
- If a ball goes out of bounds, the ball has to be kicked in (not thrown in)
- Goalkeeper must immediately return the ball into play with an under-arm bowling action. It must not be thrown over-head nor kicked.
- A goal cannot be scored from goalie kick or kick in when the ball goes out of bounds
- Goalkeeper cannot pick up a back pass. A free kick will be awarded.
- A penalty kick shall be taken from the penalty mark and, except for the defending goalkeeper, only the player taking the kick can enter the penalty area. After the penalty is taken, a player can score a goal if the penalty is deflected back into the playing field by the goal keeper.
- A yellow card will result in a Two-minute time out for the player, the team cannot introduce a substitute during there two minutes
- A red card will result in the player being banned from the match and the next match, the team cannot introduce a substitute for the player in that match. The team can introduce a substitute player for the next match.
- Violent conduct OR Swearing at the opposing player OR referee may result in a yellow/red or suspension from the tournament depending on the severity of the conduct duration of the game
- Allowance shall be made in either period for time lost through stoppages as decided by the referee
- Footwear must be worn in accordance with the laws of the game.
- **All players must wear shinguards (Bay Area Adult Soccer League Qualifiers Only).**
- Opposition players must be 5 steps away when a free kick is taken. Player must wait for the referees whistle
- Opposition players must be 2 steps away when a kick in is taken.
- Only 1 step can be taken by the penalty taker
- The goal keeper cannot come off the line when a penalty is being taken



Bay Area Adult Sports League Rules

www.baasl.org | (510) 900-9559 | info@baasl.org

World Soccer 5 USA's Tournaments hosted by BAASL follow the World Soccer Fives Official Rules with the following additions:

I. Field Rules

1. A size 5 soccer ball shall be used at all times. Shin guards and footwear are mandatory. No jewelry is allowed during league games or scrimmages. Because sports-related activities, such as soccer, involve physical contact with others, all BAASL participants to assume the risk of injury related to BAASL activities.
2. Time is not stopped if the ball is out of play and there are no time-outs. Tournament/Playoff games may be shortened to accommodate for possible penalty kick shoot-outs.
3. Ball out of Play: A ball out of play when it has wholly crossed the goal line or touchline or when the game has been stopped by a referee. A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar (except by illegal means).
4. Unlimited "Flying" substitutions: Substitutions may occur at any time. Players substituting in must enter the field at the half-way line. Players substituting out should leave the field as quickly as possible. Goalkeepers substitute only when the ball is out of play and with the referee's consent.
5. Kick-ins: The ball must be returned to play from a kick-in.

6. Slide-tackling: Slide tackling by a field player shall be considered unsporting behavior and will result in an indirect free kick being given. Intentional slide tackling is subject to a yellow or red card. A slide tackle with the studs of the cleats leading the tackle is never allowed.

- A. A slide tackle is an attempt to intentionally dispossess a player by deliberately leaving one's feet and sliding on the ground. This can include falling to one's knees. It is up to the discretion of the referee whether or not a player deliberately left their feet.
- B. Goalkeepers are allowed to slide within the penalty area to retrieve the ball or prevent the opposing team from scoring a goal, but are still subject to FIFA rules regarding fouls and misconduct. For example, goalkeepers may NOT slide tackle with the studs of the cleats leading the tackle, and may NOT perform a careless or reckless slide tackle.

Note: It is not illegal to slide for a ball that is not in possession (for example, sliding near the back line to prevent a goal).

7. Goals may be scored from the defensive half or during kickoffs.

8. No off-side rule.

9. If there is a jersey color conflict, HOME team is responsible for changing colors. Using pinnies is acceptable for color change. Goalkeepers should have jerseys of a different color from all outfield players and the opposing goalkeeper.

10. Corner Kick: Goals may be scored directly from a corner kick.

11. Penalty Spot: Penalty kick awarded when infringement takes place in penalty area. The penalty kick shall be approximately twice the distance of the goal width.

12. Back Pass to Goalkeepers: Back passes to goalkeepers are permitted. When a player from the same team passes the ball back to their goalkeeper, the goalkeeper must use his feet only and can't use their hands. If a goalkeeper uses his/her hands to catch a pass back from one of their teammates, it results in an indirect kick from the top of the goal area. If the goalkeeper touches the ball with their hands outside the goal area, it results in a direct kick.

13. A referee may award an indirect free kick or issue a card if a player pushes an opponent with excessive force or in a manner that appears careless or reckless. If a reckless or forceful push occurs in the penalty box, the referee can award a penalty kick.

14. If a player denies a player an obvious goal-scoring opportunity by foul means, whether deliberate or not, the referee shall award a penalty kick and the player may receive a red card.

15. Yellow Card Timeouts: During the three-minute timeout period, no other players can substitute in for the timed-out player, and the team must play with one player short for the duration of the timeout. The game referee shall keep track of the timeout.

II. Team Regulations

1. Team Size:
 - A. In 5v5 tournaments, a maximum of 5 players, including the goalkeeper, are allowed on the field.
 - B. Each team must have a goalkeeper.
2. The maximum game day roster size for a team is 7 players, unless stated otherwise.
3. There is a 15-minute grace period before the scheduled start of a game before forfeit is applied, unless stated otherwise by a league administrator.
4. A team that plays with a non-sanctioned player will forfeit the match.

III. Player Regulations

1. Each team should have a captain present at the game and on the team roster, designated by a "C" next to their name.
2. All players must be on the team roster, have their government issued ID, a consulate card, or a current high school ID.
3. All players must sign a league waiver and release forms in order to play.
4. If a player plays for a team without proper authorization, the team will forfeit the match. In addition, the team may suffer a minimum 1 point standings penalty.

IV. League Rules of Conduct

1. Teams and spectators are expected to show good sportsmanship and act in a positive, friendly and sporting manner, showing respect for league officials, other players, and referees. This includes communication amongst team managers and league officials.
2. Team managers are expected to follow the League Code of Conduct and administer their teams in a manner that ensures the overall health of the league. Failure to do so may result in mandatory change of management or the team losing its spot in the league.
3. Smoking and alcohol are prohibited. Players under the influence of alcohol will be ejected from the park facility and face disciplinary committee review.

4. The league officials have the full power and discretion of imposing penalties on all violations of the League Code of Conduct. For violations not listed, penalty shall be decided at the discretion of the league officials.

5. The League reserves the absolute right to refuse participation to any participants on a short-term or permanent basis due to unfit health status, including recent injuries and communicable diseases, for the benefit of the individual player and other participants.

V. Disciplinary Procedures

1. A player receiving a Red Card is ejected from the game and his/her place may not be substituted.

2. Means by which a Player may receive a 1 match suspension, or be sent off the field:

A. A red card for serious or dangerous violations may result in a one or more game suspension following the game the player is ejected from;

B. Two yellow cards in one match will result in the offending player being sent off the field, the player being sent off may not be substituted;

C. Reckless mistakes that causes serious injury to other participants;

D. Serious unsportsmanlike conduct that the League deems contrary to the spirit of the League rules or contrary to the facilitation of a safe environment for other participants;

E. Failure to abide by the League Code of Conduct may result in suspension or banishment from the league.

3. Players appearing on a team roster who are under suspension must notify the referee before the beginning of the match. Suspended players must have an "Suspended" next to their name on the team roster. Suspended players may not enter the field of play.

4. Flagrant acts, violent conduct such as spitting, striking, or fighting with other players, league officials, or the referees (including threatening words or gestures), or repeated violations of the League Rules and Code of Conduct will not be tolerated and is subject to league administrative review, possible extended suspension, and possible banishment from the league. This applies to all League functions including meetings, events, pickup games, and practices.

5. Teams are responsible for sideline fans. If fans are causing trouble and refuse to leave at the request of the referee, the team is subject to forfeit.

6. Ejected players must leave the park facility before play continues. Failure to leave will result in their team's forfeit.

7. Players attending a game but not playing (due to injury or suspension) are subject to the same disciplinary rules as if they were playing.

VI. Team Status

1. A team's right to be in the tournament is at the discretion of league officials. A team may be removed from a tournament for the following reasons; included but not limited to:

- A. Multiple violations of the League Code of Conduct;
- B. Failure to pay league fees on time;
- C. Failure to submit proper registration documents;
- D. Forfeiting multiple games;
- E. Any other reason deemed by league officials to ensure the overall health of the League.

Note: Rules subject to change any time, but notice will be provided whenever possible.