



Guidelines & Rules

INDOOR**5**OCCER

PICKUP SESSIONS GUIDELINES

5 or less players

Options:

- 2v2
 - Small side
 - Practice time on the field
 - Play alternative games such as HORSE
-

7 or less players

Options:

- 3v3
 - Small side
 - Practice time on the field
 - Play alternative games such as HORSE
-

9 or less players

Options:

- 4v4
 - 3v3 with team splits into 3 teams, Round Robin
 - Small side
 - Practice time on the field
-

12 or less players

Options:

- 5v5 with team splits and subs
 - 4v4 with team splits into 3 teams, Round Robin
 - 3v3 with team splits into 4 teams, Round Robin
-

15 or less players

Options:

- 5v5 with team splits into 3 teams
 - 5v5 with team splits and subs
 - 4v4 or 3v3 with team splits and subs
-

20 or less players

Options:

- 5v5 with team splits into 4 teams
 - 5v5 with team splits and subs, into 3 teams
 - 4v4 with team splits and subs, Round Robin
-

Máx 24 or less players

Options:

- 5v5 with team splits and subs, into 4 teams, Round Robin
-

Team Splits

Team splits will occur 15 minutes after start of session. Team splits will be done in a first come, first play basis. Bibs will be distributed at time of team splits. Once team assigned any additional players can be added as subs. Players cannot play on multiple teams. If there are odd number of players to form one team they will be added to existing teams as subs. All teams must be set by 30 minutes after start of session and no changes will be allowed. No players will be added 30 minutes after session starts.

Round Robin:

Round Robin will be determined by number of teams. Games will be 10 minutes each. The team playing on the home side will move to the away side, the away side team will go off the field. The field manager will keep track of the time and team for each game and ensure all teams receive fair playing time.

INDOOR 5 GUIDELINES

All players must register and / or sign in at time of arrival.

No Outdoor Cleats allowed.

No spitting on the field.

No pulling or hanging on the net.

No aggressive play on the field. After 2 warnings player will be pulled from that game. If another warning is given player will be pulled from the session and must leave the facility for that day. If the player is pulled from a second session they will be banned from the facility.

Unsportsmanlike conduct such as taunting, arguing, fighting, or any other forms of unsportsmanlike conduct will result in one warning and on the second infraction the player will be pulled from the session and must leave the facility for that day. If a player is pulled from a second session they will be banned from the facility.

Phase 1 Sports and Indoor 5 are 2 separate entities. Please stay off of the Phase 1 equipment and field unless authorized by staff.

INDOOR 5 FIELD RULES

3v3 and 4v4 kick off from own goal. 5v5 kick off from center line.

Ball cannot travel past 3 lines without touching a player or the ground. This will result in a penalty drop from where the ball was initially kicked or thrown. If the ball travelled from within the box it will result in a penalty kick.

Shots on goal may only be taken after the center field line. Any shots before the penalty line will result in a free kick from the originating spot.

No power shots are allowed inside the goal box. Any power shots within the box will result in a free kick. Repeat penalties for power shots inside the box will be treated as aggressive play.

The net and the ceiling are considered out of bounds. The drop will be on the side of the field closest to the point of the out of bounds.

Player cannot play the ball when they are on the ground.

Players cannot hold the wall.

After 5 seconds of attempting to win a ball in the corner or against the wall the play will be stopped and the ball will be awarded to the original possessor of the ball and result in a kick in similar to out of bounds.

**MANAGEMENT RESERVES THE RIGHT TO REFUSE OR EXPELL PLAYERS AT ANYTIME WITHOUT REFUNDS.
ONCE A PLAYER TAKES THE FIELD FOR ANY FORM OF PLAY NO REFUNDS WILL BE GIVEN.**

COVID RELATED INFORMATION

To allow for proper social distancing do not enter the facility earlier than 5 minutes prior to start of session.

Masks must be worn by anyone 10 years old and older when not actively playing on the field.

To allow for proper social distancing please make all efforts not to bring any non-playing guests and / or spectators.

Follow all CDC recommendations on social distancing, proper hygiene, and staying away when not feeling well.