

POWER 5 RULES

Updated December 26, 2016



This is indoor 5-a-side soccer, you are permitted four outfield and one goalkeeper on the field.

Each game will last for 25 minutes of running time.

Substitutions take place on the fly.

There are no offsides.

All free kicks and corners are direct. Opposing players cannot be within three yards of the ball on any restart. Any infraction inside the penalty area other than what would be deemed a penalty shot will result in a direct free kick outside the penalty area (straight back from the point of the infraction).

The field is well marked with lines. The walls and dividers are out of play. All restarts are indirect, and will begin with a player from the team in possession putting their hand on the ball before restarting. Sideline restarts are indirect meaning you cannot score directly from a touchline kick-in or goal kicks.

Goalkeepers are permitted to leave the semi-circle. The goalkeeper may pass the ball from their hands, and it must bounce before center if they wish to throw the ball into the opposite half. Alternatively, they can play the ball to the ground (the ball is now live) and then attempt to pass or shoot the ball forward from the ground outside their penalty area. Infractions will result in a goal kick for the opposing team.

On goal kicks for U8-U12 groups, the attacking team must 'retreat' behind the half-way line. Once the goal kick has been taken, the attacking team can then cross the half-way line.

Goal kicks cannot clear the half way line in the air, they can be played forward on the ground, or they can bounce before the half way line before crossing the half. Infractions will result in a goal kick for the opposing team.

There is no sliding allowed. Players should not intentionally leave their feet and go to ground even to save a ball from going out without nearby opposition. The goal keeper is the only player permitted to go to the ground to make a save. Infractions will result in a direct free kick where the slide took place.

All penalty shots are a 'penalty break-away'. The player must dribble from centre and cannot stop their forward movement, back up, or score on rebounds..

In the event of a shoot-out, all players on the roster are eligible to shoot once. A winner is determined firstly after 3 shooters, or sudden death thereafter.

Teams may have unlimited guest players, providing all players are registered with their provincial or state soccer association.

Team rosters with names, birth dates and jersey numbers are to be handed in to the tournament organization before the tournament for U15-U18 teams.

Please play with sportsmanship and respect your fellow players, coaches and the referees. When you are not playing please make sure you and your team are not disrupting other teams by encroaching onto the pads.

Otherwise regular FIFA rules apply.

Group winners will be determined by (where applicable):

1. Total Points
2. Head to head
3. Goal difference
4. Total goals against
5. CoinToss

FACILITY RULES

No food or sports drinks are allowed on the turf, water only please.

No pets are allowed anywhere indoors.

Only players and coaches are allowed on the field.

DISCIPLINE OVERVIEW:

The Power Tournament discipline plan begins with player rosters. Each team aged U15-U18 will submit their roster (including full name and jersey number) to tournament central before the tournament begins. Knowing which players are representing a team is important for follow-up. After each game, the ensuing referee will summarize and submit a game report, to tournament central. The scores will be verified and tabulated on the tournament table. The game report may include discipline activities requiring action.

Discipline activities will take place if the following are reported:

1. Any yellow cards issued:
2. Any red cards issued;
3. Any incidental unsporting conduct by players, coaches or spectator.

DISCIPLINE GUIDELINE:

Single yellow card are recorded and cross referenced against previous game reports. Suspensions may follow.

Second yellow card - Two yellow cards received by a single player either in a single game or from multiple games will result in a one-game suspension.

Red card will result in a minimum one game suspension, with no maximum, and will be reviewed by the Discipline Representative.

Unsporting behavior by team members or spectators will be reviewed with the on-site Discipline Representative and acted on accordingly. This may include, but is not limited to removal from the environment and facility.