



United 5v5 Tournament Rules & Policies

Updated 7/1/2025

1. **The FIFA Laws of the Game will be followed unless otherwise described below.**

2. **Game Ball:**

U-12 and under – size 4 ball

MS through adult – size 5 ball

*All officiated matches will use a provided match ball.

3. **Playing Field and Number of Players:**

3.1 The playing field will consist of 40-yard touchlines and 30-yard end lines.

3.2 The center circle will have a radius of 5 yards.

3.3 GK box will be 7-yards from the end line and each goal post.

3.4 Each team will play with 5 players (4 field and 1 goalkeeper). In coed divisions, the 4 field players must consist of 2 girls and 2 guys with the goalkeeper being either gender.

Sportsmanship Rule:

If either team starts winning by 5 or more goals, the losing team can add an extra player. If the goal difference drops below 5 goals, then the additional player must step off. In Coed divisions, the additional player may be of either gender. This rule is meant to keep the games competitive and is not mandatory. If a team goes up by 10 goals, a second additional player is NOT allowed as it will overcrowd the space on the field.

4. **Player Eligibility/Rosters:**

4.1 All players that are added to a team's roster agree to the Hammers 5v5 Player Waiver that is included in the team registration.

4.2 Each team needs to have a minimum of 7 players listed on the team's DaySmart roster with a maximum of 10.

4.3 Players are allowed to be rostered on more than one team as long as those teams are not in the same division.

Some matches may conflict if you play in more than one division

4.4 Only those players listed on the roster are eligible to play for that team.

4.5 Roster changes are not allowed once the tournament starts.

4.6 Only rostered players and coaches are allowed on the team touchline during play. Parents, fans, and other spectators are asked to watch from the opposite touchline.

4.7 All players must meet the age requirement for that division to play.

- Youth players are allowed to "play up" with approval from the Sportsplex Soccer Director.

4.8 If a player is red carded during a game for any reason, they will no longer be eligible to play for the remainder of the tournament regardless of division.

4.9 If a single player accumulates 2 yellows over the course of the tournament, regardless of it being in two separate matches, this will result in a red card being shown.



5. Player Equipment:

- 5.1 Indoor, turf, or outdoor soccer cleats are allowed. Metal studs are prohibited.
- 5.2 Shin guards are required for all players.
- 5.3 Any bracelets, watches, and/or jewelry must be removed or deemed sufficiently covered by the referee.
- 5.4 All field players must wear the same color shirt as their team to distinguish themselves from the opposing team and referees. Players are asked to bring an alternate color shirt (a dark and a light) in the event that both teams arrive in the same color.
- 5.5 When the two teams field players shirt color conflicts, the recorded Home team for that match needs to change colors.
- 5.6 Goalkeepers must wear a different color shirt from both teams to distinguish themselves from all field players.
- 5.7 The Referee's or Tournament Director's decision regarding equipment will be final.

6. Facility Rules:

- 6.1 Chewing tobacco, smoking, and vaping are not allowed near the tournament facilities (playing fields, bathrooms, etc).
- 6.2 Alcohol is only allowed within the designated area and must be purchased from the venue. No outside alcohol is allowed.
- 6.3 There will be no gum, food, or drinks (other than water/sports drinks) allowed on the fields.

7. Duration of the Match:

- 7.1 The game shall consist of two 12-minute halves with a 2-minute halftime.
- 7.2 All games will start as close to their scheduled time as is reasonable.
- 7.3 There is no overtime period or shootout if the match ends in a tie for group play.
- 7.4 If teams tie at the end of a knockout stage match, they will play a 3-minute golden goal overtime period with the away team taking the kickoff on their original side. If still tied at the end of the 5min, a penalty shootout will decide the winner.
- 7.5 Penalty shootouts will be best of 3 followed by sudden death rounds if both teams have converted the same number of kicks after the initial 3 have been taken by both teams. These kicks must alternate with girl-guy-girl-etc for all coed divisions. The home team will take the first kick.
- 7.6 Penalty shootout kick takers must be on the field at the end of the golden goal period. Once the golden goal period ends, players will remain on the field and go straight to the shootout while all players on the bench remain on the touchline.

8. Start of Play:

- 8.1 The minimum number of players for the start of a game will be 4 (3 field players and 1 goalkeeper).
- 8.2 A forfeit is declared when a team is unable to put the minimum number of players on the field within 3-minutes after the match start time. All forfeits will be recorded as 0-3 in the standings.
- 8.3 The away team will kick off the first half with the home team deciding their starting end of the field.



9. Restarts

9.1 Kick Ins

- 9.1.1 Kick-ins will replace throw-ins and will be an indirect free kick taken from the line at the point the ball left the field of play.

9.2 Goal Kicks

- 9.2.1 Goal Kicks will be taken from on or within the goal box with the opposing players keeping at least 5 yards away until the ball is kicked.

9.3 Penalty Kicks

- 9.3.1 Penalty kicks shall be taken 7 yards from the endline centered in front of the goal.
- 9.3.2 All players, other than the keeper and kick taker, must be outside of the goal box and 5 yards from the location of the kick.

9.4 Injuries

- 9.4.1 The referee may stop the play, regardless of where the ball is located, due to an on-field injury if the referee deems it serious or needing attention but it is their discretion to do so and not required other than a head injury or blood is present.
- 9.4.2 If blood is present, play will be stopped immediately and will not be restarted again until it has been cleaned and the source has been stopped or removed from the field.

9.5 Substitutions

- 9.5.1 Any number of substitutions may be made during the game but must be made during a stoppage of play and approved by the referee.

10. Miscellaneous Rules:

- 10.1 There is no offsides in the United 5v5 tournament.
- 10.2 There is no playing on the ground in the United 5v5 tournament.
- 10.3 Heading is allowed except for U-12 and younger divisions.
- 10.4 Punting is not allowed. If the ball is in the goalkeeper's hands, it must touch the ground prior to the goalkeeper (or another player) kicking it.
- 10.5 All calls are at the referee's discretion.

11. Red Card Suspensions:

- 11.1 If a player receives a red card, the player will be required to leave the field before the match continues. Refusing to do so will result in their team forfeiting the match. Continuing to refuse to leave may result in the police being called.
- 11.2 If a team drops below the minimum required number of players (4 total, 3 field and a goalkeeper) due to red cards, they will forfeit the match resulting in a 0-3 loss unless that team is losing by a greater margin, then the score will be recorded as it stands.



Tournament Group Stage Standings:

- The United 5v5 tournament will follow the 3-point system for the group stage.
 - 3 points for a win
 - 1 point for a tie
 - 0 points for a loss
- Teams can also lose points by receiving cards (-1 per yellow, -2 per red) or not following the roster requirements (explained below). These points will be deducted from the team's total after all group matches have been played.
- If teams are tied on points after all matches have been played and any point deductions have been factored in, the tiebreakers will be as follows:
 - Head-to-head
 - Goal differential
 - Fewest goals against
 - If still tied, a coin will be tossed to decide who advances.

In the event of more than 1 team finishing even on points, the above criteria will be applied until one team goes through or is eliminated. This is then repeated for the remaining teams.

Tournament Policies:

- If a player is found to be playing while not on that team's roster, the team will be deducted one point in the group stage standings for each infraction. If this happens in a knockout match, that team will automatically forfeit the match.
- If a team has to forfeit a match, it will result in a 3-0 win for the opponent. No other penalty will be applied.
- There will be no rescheduling of matches once the schedule has been released.
- Once the Tournament Director has made their decision, it is final and to be respected.

Treating tournament staff and volunteers with respect:

There is never a reason to insult or belittle a referee. They are human beings like you and deserve to be treated with respect. Just as you make mistakes as a player, the referees will also make mistakes. They can only call what they see and cannot control every action that your opponent makes. They are there to enforce the laws of the match, not to prevent anyone from breaking them.

The tournament staff is also there to assist you if you have a problem or concern. They are not there to be verbally assaulted or harassed by unhappy players or spectators. They do not have on-field decision-making powers and can only report to management any complaints that are made to them. If you wish for management to review the complaint, then treat the tournament staff with respect.