



PERSONALISED
AND CONNECTED
EXPERIENCES

NORDIC FAST5

PLAY FAST. THINK FAST. FIND SOLUTIONS.

Nordic FAST5 is our adapted 5v5 indoor game designed around positive learning experiences, creativity and player development.

The smaller playing area, weighted futsal ball and adapted rules increase opportunities for players to receive, retain and manipulate the ball under pressure. Players are repeatedly challenged to outplay opponents, combine with teammates, exploit tight spaces, transition quickly and find their own solutions.

More touches. More decisions. More 1v1s. More goals. More fun.

DEVELOP
COMPETE
BELONG



MORE TOUCHES
BRIGHTER PLAYERS



MORE DECISIONS
SMARTER PLAYERS



MORE 1v1s
BRAVER PLAYERS



MORE GOALS
EXCITING GAMES



MORE FUN
STRONGER COMMUNITIES



GAME FORMAT

	FORMAT	5v5 (4 outfield players + goalkeeper)
	BALL	Futsal ball ideally or a soccer ball
	GAME	2 x 20-minute halves
	HALFTIME	3 minutes
	SUBSTITUTIONS	Unlimited rolling substitutions
	TIMEOUTS	Each coach can call 1 x 60-second timeout per team, per half
	OFFSIDE	None

POWERPLAY ROUND



The **final 2 minutes** of each half become the **FAST5 POWERPLAY**.



Every goal scored during the POWERPLAY is worth **TWO GOALS**.

This creates excitement while challenging players to manage different game states, take calculated risks, defend leads and find solutions under pressure.





FAST5 RULES



KICK-INS / DRIBBLE-INS

No throw-ins. When the ball leaves the playing area, players can pass or dribble the ball back into play. **Players can score directly from the restart.**



GOALKEEPER RESTARTS

Goalkeepers are encouraged to distribute and build play from the back. **No punts or drop-kicks.**



CEILING / ROOF

If the ball hits the ceiling or roof, the opposition receives an **indirect free kick** approximately beneath where the ball made contact.



FREE KICKS

Opponents retreat approximately **5 yards**.



CORNERS

Normal corner kicks. Direct goals permitted.



SLIDE TACKLING

No slide tackling against an opponent. A player who attempts to slide tackle, will lead to a direct FK for the opponents.



QUICK RESTARTS

Approximately **4 seconds** is the developmental target. Referees should encourage tempo rather than unnecessarily stopping games.

THE FAST5 CHALLENGE RULE



Rather than a traditional "mercy rule", we have a **Challenge Rule**.

1

If a team leads by **4 goals**, the trailing team may introduce **one additional outfield player**.

2

If the leading team scores again, the trailing team may introduce **another additional player**.

3

Additional players are removed as the score difference falls, with normal 5v5 restored once the deficit is **below 3 goals**.



The objective isn't to punish the leading team. It is to create **a new problem for both teams to solve**: the leading team must retain possession and outplay against the overload, while the trailing team gets greater opportunities to regain possession, attack and compete to find the extra player.