

**Gulf Coast Soccer
In-House League
U7-U8 5v5 Rules Supplement**

Teams will play 5v5 (with GK) and can have a maximum roster of 10 players. All teams will play with a size 3 ball. Teams will play 2x25-minute halves, 3-minute half time, and will operate with a one-man referee crew. Substitutions are unlimited and can occur at any stoppage.

- **Offsides:** There are no offsides.
- **Goal Scoring:** A goal may be scored by a touch in the offensive half of the field. **A goal that is scored from the defensive half of the field will be disallowed and a free kick will be awarded to the defensive team on the halfway line.**
- **Heading: No heading** allowed per USSF rules. Deliberate heading will result in an indirect free kick by the opposing team, unless it occurs within the penalty box, then the kick will be awarded from the spot at the top of the penalty box.
- **Penalty Kicks:** The penalty spot shall be 8 yards from the goal.
- **Five Yard Rule:** In all dead ball situations, **defending players must stand at least “5-yards” from the ball.**
- **Indirect Kicks:** All dead ball kicks (kick ins/dribble ins, free kicks, kick offs) are indirect with the exception to corner and penalty kicks. **Point of Emphasis: No throw ins! Dribble ins shall be used on sideline restarts to encourage spatial awareness, movement, and decision making (the 5-yard rule applies to dribble ins)**
- **Restarts: Dribble ins** will be used for all sideline restarts (**no throw ins!**). Goal kicks or corner kicks will be used for end line restarts. **Point of Emphasis:** Dribble ins shall be used on sideline restarts to encourage spatial awareness, movement, and decision making (**the 5-yard rule applies to dribble ins**)
- **Goalkeeper Distribution:** All goalkeeper distribution, including goal kicks, **must bounce or be touched by another player before crossing the mid-line (halfway).** Violation will result in the award of a free kick from where the ball crossed the mid-line. **No punting allowed.**
- Goalkeepers are authorized to utilize their hands within the **goalkeeper area.**
- **Containment line:** During goal kicks or keeper distribution, the opposing team is required to withdraw to the **midfield line** before play resumes. While the goalkeeper has the option to wait for the opposing team to retreat, they also retain the prerogative to initiate play swiftly if desired.

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