



## GoFive 5-A-Side Rules

### Number of Players

5 players total - four players plus a goalkeeper on the field at one time.  
The minimum to play is 4 players total. A team having 3 players will forfeit the game.

### Guest Players:

\$15 cash or Venmo to play and must sign a waiver. A single guest can participate only twice in the season. No guests at playoffs and finals. If a guest does not have the right color jersey, they cannot participate in the game.

### Game Duration

Two - Twenty (20) minute halves. 2-minute halftime  
Turf shoes only, no cleats. Shin guards are encouraged but not mandatory.

### Shirts/Jerseys

Each team and player will need to bring a black and red shirt.  
(Note: black shirt does not mean dark grey or navy. Red does not mean, pink or orange)  
A team may elect to bring another color of their choice, including pennies or custom jerseys of their choosing.

### Boundaries

The field is enclosed and the ball does not go out  
If the ball is lost out of bounds or lodged within the barriers, the game is restarted with a 'drop ball' by the referee.

### Goalkeepers

may not pick up the ball from a direct pass  
GK may not throw the ball directly into the opponent's goal

### Penalty shots

No run-up is allowed. One step backward only and a two-count step is allowed (plant and shoot).  
The GK is not allowed to move off his goal line until the ball is kicked

## Fouls

No slide tackling whatsoever.

No tackling or fouling a player from behind; especially when the player is against the wall or corner. This will result in a free kick or a card issued

**A yellow card** = Sit 2 minutes with no substitute. Indirect kick awarded

**Two yellows cards** = A red card

**A red card** = Suspension for the rest of the game + 1 more game.

The offending team will play with one less player for 5 minutes. before powerplay expires.

If a sub is not available to join the team on the field, the team must play down.

**Two red cards in a season** = Suspension for the season

## Free Kicks

All free kicks are indirect

The player has 4 seconds to take the kick

Defenders must stand 5 yards back from the kicker

## Substitutions

All substitutes must remain outside the pitch behind the gate

Substitutions are unlimited

Are on the fly and may occur at any time.

The player must exit the pitch completely before the substitute can enter the pitch.

Time wasting will result in a free kick for the opponent

## Sportsmanship:

We have a ZERO TOLERANCE policy for unsportsmanlike behavior. We are all adults, and we expect all participants to act like it.

Fighting, including pushing another player will always result in ejection from the game and league; no refunds. Cursing, intimidating, and disrespecting referees, officials, or other players, will result in that player being ejected from one or more games.

An ejection may result in further suspension from participation in current and/or future NJCS sports or events. An ejected player(s) is required to leave the premises immediately – refusal to leave the premises may result in a team forfeit and/or increased length of the suspension. Rules are subject to review and change by NJCS directors following incidents.

## Playoff Rules

A sub/guest or borrowed player is not allowed to participate on any team during PLAYOFFS or FINALS. DO NOT ASK!

Depending on the number of teams in a season, NJCS will do a TOP 4 or TOP 6 team playoffs series. These games are single-elimination games and may be shortened for time as there are will be multiple games in one night for participating teams.

### **1st Tie Breaker**

If there are two or more teams tied, the team with the best Goal Differential goes to the playoffs. (Goals scored minus goals scored against)

### **2nd Tie Breaker**

In the event that two teams are still tied after adding in goal differentials, the next tiebreaker will be head to head play with the winner of the head to head play during the regular season going playoffs.

### **3rd Tie Breaker**

Team with the most season goals goes to playoffs.

### **4th Tie Breaker**

The team with the most number of forfeits losses.

We will use the same scenario with a Multiple - Team Tie. First Goal Differential, Then Head to Head Play, Most Season Goals, then Forfeits

If all of the above still end in a tie, then a coin flip will determine the team that will play in the tournament.