



GBSL Division 5 Rules



- **No jewelry** of any kind is to be worn during practice or games. Any jewelry that cannot be removed should be covered with tape or a Band-Aid.
- Play will be **11 players per side** using a size 5 ball.
- **No slide tackling**
- **Direct kicks** are permitted. **Penalty kicks** are permitted
- **Off-sides** will be called in all circumstances
- **Heading** is permitted
- **Throw-ins** should be done correctly - if a throw-in is incorrect, the player will be given a second chance. If that throw-in is improper, the ball is turned over to the other team.
- **Dangerous play** - after the second dangerous play, the player will sit for 5 minutes, after the third, the player must sit out the remainder of the game.
- **Every player** should play forward, midfield, and defense during a game. During the course of the season, each player should have the opportunity to play goalie.
- **Playing time** should be approximately the same for all players.
- **During the game**, the coach from one team should serve as referee for one half, and the coach of the other team should serve as referee in the second half. Only one coach from each team should be on the field during the game. Other coaches may serve as linesmen.
- **After the game**, practice good sportsmanship. All players and coaches can get a free soda or water at the league trailer near the Goodman Dr. circle.
- No arguing between coaches. Player criticism should be made individually in a civil / constructive tone. **NEVER** scream at players
- Water breaks should be frequent, especially in warm weather.
- Sessions begin at 2:00 PM and end at 4:00PM.
- Protective facemask are optional. Practice social distancing whenever possible, don't share beverages, and use hand sanitizer when needed.