

Outdoor Strikers Rules

Division 1

Key Rules:

5v5 (with goalkeeper)

Dimensions- 40×30 yd Field/ 10×6.5 ft Goal (with appropriate size penalty box)

Size 5 Ball

No Offsides, Throw Ins, or Direct Kicks

Playing: 2×25 Minutes (5 Min Halftime)

1. Teams play five (5) per side including goalkeepers.
2. Home team starts game with ball.
3. Halftime Start Procedure-Alternating team kick-off each half.
4. Offsides will only be called inside the Penalty Box.
5. All free kicks are indirect and opponents should be ten (10) feet from the ball on all restarts.
6. Kick-ins will be used instead of throw ins. The ball will be placed on the touch line with opponents ten (10) feet from the ball. A goal cannot be scored directly from a kick in.
7. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move to the center line. After the ball is put into play by the goalkeeper, the opposing team can cross the center line and play resumes as normal. (Definition of “put into play” is when the keeper places the ball on the ground after using their hands or completes a goal kick)
8. The goalkeeper cannot punt the ball.
9. There are no slide tackles.
10. There are no direct kicks.
11. There are no penalty kicks. Fouls occurring inside the penalty box will result in an indirect kick from the nearest point outside of the box.
12. Deliberately heading the ball is not permitted. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the team from the spot of the offense.

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13. Players must play in both halves of each game. Each player will play a minimum of 50% of the total playing time.
14. Coaches may substitute at any stoppage of play.
15. No cards will be shown for misconduct.
16. Players must wear their assigned uniform.
17. No jewelry, metal or hard plastic hair ties/bows, or hats allowed during play.
18. No toe cleats (example baseball cleats)
19. Shin guards must be always worn (under socks).

Division 2 & 3

Key Rules:

5v5 (with goalkeeper)

Dimensions- 40×30 yd Field/ 10×6.5 ft Goal (with appropriate size penalty box)

Size 4 Ball

No Offsides, Throw Ins, or Direct Kicks

Playing: 2×25 Minutes (5 Min Halftime)

1. Teams play five (5) per side including goalkeepers.
2. Home team starts game with ball.
3. Halftime Start Procedure-Alternating team kick-off each half.
4. Offsides will only be called inside the Penalty Box.
5. All free kicks are indirect and opponents should be ten (10) feet from the ball on all restarts.
6. Kick-ins will be used instead of throw ins. The ball will be placed on the touch line with opponents ten (10) feet from the ball. A goal cannot be scored directly from a kick in.
7. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move to the center line. After the ball is put into play by the goalkeeper, the opposing team can cross the center line and play resumes as normal.

Outdoor Strikers Rules

(Definition of “put into play” is when the keeper places the ball on the ground after using their hands or completes a goal kick)

8. The goalkeeper cannot punt the ball.
9. There are no slide tackles.
10. There are no direct kicks.
11. There are no penalty kicks. Fouls occurring inside the penalty box will result in an indirect kick from the nearest point outside of the box.
12. Deliberately heading the ball is not permitted. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the team from the spot of the offense.
13. Players must play in both halves of each game. Each player will play a minimum of 50% of the total playing time.
14. Coaches may substitute at any stoppage of play.
15. No cards will be shown for misconduct.
16. Players must wear their assigned uniform.
17. No jewelry, metal or hard plastic hair ties/bows, or hats allowed during play.
18. No toe cleats (example baseball cleats)
19. Shin guards must be always worn (under socks).

Division 4

Key Rules:

5v5 (with goalkeeper)

Dimensions- 40×30 yd Field/ 10×6.5 ft Goal (with appropriate size penalty box)

Size 3 Ball

No Offsides, Throw Ins, or Direct Kicks

Playing: 4×10 Minutes (2 min Qtr Break/ 5 min Halftime)

1. Teams play five (5) per side including goalkeepers.
2. Halftime Start Procedure-Alternating team kick-off each half
3. Home team starts game with ball

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4. On goal kicks, or after goalkeepers pick up the ball, all players for the opposing team need to be beyond the halfway line before the kick is taken. Once the ball is kicked, the opposing team may cross the halfway line and play resumes.
5. All free kicks are indirect and opponents should be ten (10) feet away from the ball on all restarts.
6. Kick-ins will be used instead of throw ins. The ball will be placed on the touch line with opponents ten (10) feet from the ball. A goal cannot be scored directly from a kick in.
7. The goalkeeper cannot punt the ball.
8. There are no offsides, slide tackles, or penalty kicks.
9. Deliberately heading the ball is not permitted. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the team from the spot of the offense.
10. Players must play in both halves of each game. Each player will play a minimum of 50% of the total playing time.
11. Coaches may substitute at any stoppage of play.
12. No cards will be shown for misconduct.
13. Players must wear their assigned uniform.
14. No jewelry, metal or hard plastic hair ties/bows, or hats allowed during play.
15. No toe cleats (ex, baseball cleats)
16. Shin guards must be always worn (under socks).

Division 5

Key Rules:

4v4 (No Goalkeeper)

30x20 yd Field/ 6x4 ft Goal Suggested

Size 3 Ball

No Offsides, Throw Ins, or Direct Kicks

Playing: 4x8 Minutes (2 min Qtr Break/ 5 min Halftime)

Outdoor Strikers Rules

1. Teams play four (4) per side. There are no goalkeepers, and as such players may not stand and block the mouth of the goal during play.
2. Home team starts game with ball
3. Quarter Start Procedure-Alternating team kick-off each quarter
4. On a goal kick all players for the opposing team need to be beyond the halfway line before the kick is taken. Once the ball is kicked, the opposing team may cross the halfway line and play resumes.
5. All free kicks are indirect and opponents should be ten (10) feet away from the ball on all restarts.
6. Kick-ins will be used instead of throw ins. The ball will be placed on the touch line with opponents ten (10) feet from the ball. A goal cannot be scored directly from a kick in.
7. There are no corner kicks. The ball is determined to be a goal kick by the defending team.
8. There are no offsides.
9. There are no slide tackles
10. There are no penalty kicks.
11. Deliberately heading the ball is not permitted. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the team from the spot of the offense.
12. No player is allowed inside either goal box during game play.
13. Players must play in both halves of each game. Each player will play a minimum of 50% of the total playing time.
14. Coaches may substitute at any stoppage of play.
15. One coach from each team is allowed on the field during play to guide players.
16. No cards will be shown for misconduct.
17. Players must wear their assigned uniform.
18. No jewelry, metal or hard plastic hair ties/bows, or hats allowed during play.
19. No toe cleats (example: baseball cleats)
20. Shin guards must be always worn (under socks).