

Official 5v5 RAC ATTACK Rules 2026 (version 1.0)

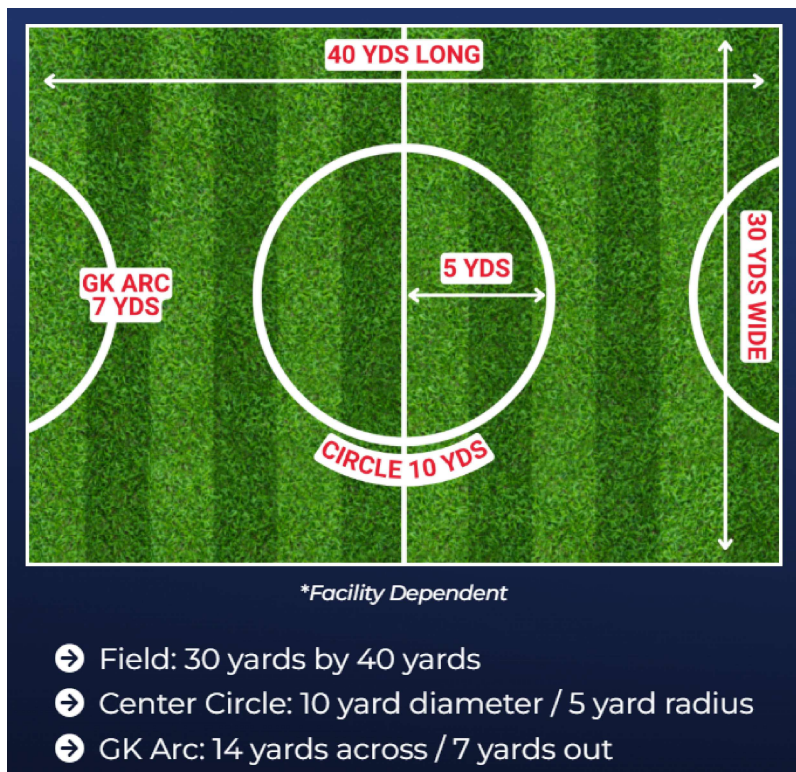
(FIFA rules apply if not modified within)

1. ROSTER

- 1.1. There is a maximum of 10 rostered players per team.
- 1.2. Each team must have a minimum of 2 females on the roster.
- 1.3. All players must be 18 years or older.
- 1.4. ALL players must be on the roster with appropriate signed waiver and proof of age at check in.
- 1.5. Rosters are frozen at the time of check in.
- 1.6. The use of an improperly registered player will result in a forfeit of the match and may result in the ejection of the team from the tournament.
- 1.7. Players MAY NOT play or be rostered on more than 1 team.

2. FIELD OF PLAY

- 2.1. Field size is 30x40



3. MATCH TIME

- 3.1. Each match will be 25 minutes long with a running clock.

- 3.2. All matches will start and end with an air horn/referee whistle
- 3.3. 12-minute halves. Halftime will start and end with an air horn/referee whistle. Teams switch sides and are given a 1-minute hydration break.
- 3.4. The clock will begin at the KO time regardless of if teams are ready or not
- 3.5. If one team is on the field and the other is not when the horn/whistle is blown, the team on the field may attack/score on the empty goal.

4. TOURNAMENT FORMAT

- 4.1. Each team will play a minimum of 4 matches
- 4.2. The top 2 teams from each bracket will play in a semifinal
- 4.3. Winner of each semifinal will play in the final for the championship
- 4.4. Points System (10 Point System):
 - Win = 6 points
 - Shutout = 1 bonus point
 - Goals Scored = 1 point per goal (maximum of 3)
 - Tie = 3 points + 1 point per goal (maximum of 3)
 - Loss = 0 points (teams may still earn up to 3 points for goals scored)

5. COACH/MANAGER/TEAM LEADER

- 5.1. Teams will need to list a primary team contact when submitting their application. This person will be used for all communication.
- 5.2. Teams do not need to have a coach and may manage themselves or designate a captain to run the team
- 5.3. At the end of each match, the referee will give the game card to the winning coach/Team Leader, who must take it directly to the Score Reporting Station. If the game card is not turned in immediately after the match, both teams will be recorded as a 0-0 tie.

6. JERSEYS/ATTIRE

- 6.1. Suitable footwear must be always worn
- 6.2. Shin guards must be always worn
- 6.3. Players are not permitted to wear jewelry. This includes, but is not limited to, watches and earrings.

- 6.4. Teams should be in the same colors and/or be able to be clearly distinguished from the opposing team.
- 6.5. All players on the team must have a light shirt and a dark shirt. If in the eyes of the official the teams are not clearly distinguishable, the home team must switch their colors. Opponents should work this out in advance of the start of the match as no extra time will be allotted for shirt change
- 6.6. Goalkeepers must wear a shirt of a different color from both teams.

7. HOME-VS-AWAY

- 7.1. The Home team will be the team listed first on the schedule.
- 7.2. Away Team gets ball 1st half, Home team picks side
- 7.3. Teams switch sides at halftime
- 7.4. Home gets the ball to start the 2nd half

8. OFFSIDES RULE

- 8.1. There is no Offside in 5v5 Soccer

9. HEAD HEIGHT RULE

- 9.1. The ball may not go over head height. Head height will be deemed to be the height of the crossbar or the tallest player on the pitch and shall be subject to the judgement of the referee in all cases.
- 9.2. Where the ball goes over head height, an indirect free-kick will be awarded against the player who last made contact with the ball, from the position that they made contact.
- 9.3. As an exception, play will continue if the ball goes over head height as a result of making contact with a goalpost, or by the goalkeeper making a save.

10. HEADERS

- 10.1. Headers are not allowed and will result in an indirect free kick to the opposing team

11. SLIDE TACKLING

- 11.1. There is NO Slide Tackling by field players in 5v5 Soccer
- 11.2. Field players may slide to save a ball from going out of bounds or to block a shot, however no contact may be made with an opposing player at any time.

- 11.3. A slide tackle infraction results in a Free Kick. Inside the Goalkeeper arc becomes a penalty kick.
- 11.4. A second infraction (same player) will result in a Yellow Card, and a third infraction will result in a 2nd Yellow to = Red Card.

12. KICKOFFS

- 12.1. Kickoff are indirect and can go any direction

13. CORNER KICKS

- 13.1. Corner Kicks are direct
- 13.2. Opposition players must be 8 yards away

14. TOUCHLINE (Sideline) RESTARTS

- 14.1. In place of throw-ins will be kick-ins with the ball placed in a stationary on the touchline
- 14.2. A player may not directly kick the ball into the goal
- 14.3. Opposing players must be 2 yards away from the placed ball

15. PENALTY KICKS

- 15.1. PKs will be taken from the top of the arch 7 yds from the goal
- 15.2. The goalkeeper must keep at least one foot on the line.
- 15.3. The penalty taker must be identified to the referee before the penalty is taken.
- 15.4. The penalty taker is allowed one step before striking the ball
- 15.5. Where either side has breached these rules to their advantage, the penalty will be re-taken

16. FREE KICKS

- 16.1. All free kicks are indirect
- 16.2. Players on the defending team must remain a minimum of 8 yards away from the kick

17. GOAL KICKS

- 17.1. Any time a Goal Kick is required, the ball must leave the Penalty Arc (Goal Clearance)
- 17.2. The goalkeeper will start with the ball in their hands and may either roll the ball underhand or put the ball down and pass it
- 17.3. Once the ball has been put down, the ball is effectively "live"
- 17.4. The Goalkeeper has 4 seconds to execute the goal clearance. Failure to execute the Goal Clearance within 4 seconds will

result in an Indirect kick at the top of the arc for the opposition

- 17.5. A goal may not be scored directly from a goal clearance
- 17.6. The ball may not be punted or drop-kicked
- 17.7. Punts or drop-kicks will result in an indirect free-kick 5 yards outside of the GK area.

18. PENALTY AREA

- 18.1. Field players are not allowed to enter either teams' penalty area
- 18.2. If an attacking player enters the opponent's area, seeking to gain an advantage, the referee will stop the game and restart play with the goalkeeper's hand.
- 18.3. All shots must be taken from outside the penalty area; if the player's momentum then takes them forward into the area this will not be penalized unless the player is found to be interfering with the play from a position inside the area.
- 18.4. If a defending player enters their own area, seeking to gain an advantage, a penalty -kick will be awarded to the opposition team.
- 18.5. The goalkeeper is not permitted to leave the area and, if found doing so to gain an advantage, a penalty kick will be awarded to the opposition.

19. GOALKEEPER PASS BACKS

- 19.1. Players may pass back to the keeper however the keeper cannot pick up the ball and must pass the ball back into play within 4 seconds.
- 19.2. A player who has received the ball from the goalkeeper cannot pass it straight back to the GK. The ball must touch another player (which may be an opponent) before being passed back.
- 19.3. Breach of this rule will result in an indirect free kick being awarded to the attacking team from the point the ball was played

20. PLAYERS/SUBSTITUTIONS

- 20.1. Each team may play with 5 players on the field (1 GK and 4 field players)
- 20.2. Each team must always have 1 female on the field
- 20.3. Teams without a female player will not be allowed to play

- 20.4. Exception: if both female players are injured in the course of play and are unable to finish the match, the team may continue the match and play a man down
- 20.5. Substitutions require the consent of the referee
- 20.6. Teams have unlimited substitutions
- 20.7. Goalkeepers may only be substituted before the start, at halftime, or in the case of an injury.
- 20.8. Repeated substitutions in an attempt to waste time may not be approved by the referee and may result in cards.
- 20.9. In the event a team is winning by a margin of 5 goals or more the losing team may add a 6th player to the field. The team can continue with 6 players until the deficit is 3 goals but then must return to 5 players.

21. ZERO TOLERANCE

- 21.1. Violent and aggressive play; unsporting behavior; and foul and abusive language will not be tolerated. Players or spectators exhibiting such behavior will be penalized by the referee and may be red carded and asked to leave the event.
- 21.2. In the event of persistent or extreme abuse or bad behavior, the referee has the power to abandon the game which may result in the disqualification of one or both teams from the competition.
- 21.3. Intentional delay or Booting the Ball; **First offense:** Yellow card issued to the player and/or team. **Second offense:** Red card issued to the player and/or team (removal of player or team from the tournament).

22. RED CARD EJECTION

- 22.1. Two Yellow Cards that = a RED: Players may not play in the remainder of the current game and the team's next game
- 22.2. Players sent off with a straight RED will be disqualified from the remainder of the tournament.
- 22.3. The team of a sent-off player may NOT substitute for the sent-off player.
- 22.4. If a team is found using a disqualified player, the team will forfeit the game.

23. TIE BREAKERS

- 23.1. At the end of group play, final standing will be decided in the following order.

1. Points
 2. Head-to-head
 3. Goal Differential
 4. Fewest goals conceded
 5. Goals Scored
 6. Coin toss
- 23.2. If more than two teams are tied after pool play, the tiebreakers are applied until at least one team is eliminated. If a tie still exists, the tiebreakers are applied to the remaining teams until there is only one team left. The tournament director will have the final say and all decisions are final.
- 23.3. Playoff Tiebreakers: Tied Finals or Semifinals will, after a one-minute break, go directly to a 3-minute golden goal period.
- 23.4. The Golden Goal period will start with a drop-ball with one player from each team in the center circle. All other players must be outside the circle. The ball may not be kicked by either team before hitting the ground. If kicked before hitting the ground, a free kick will be awarded to the other team.
- 23.5. If the score is still tied at the end of this period, the winner will be decided by a shootout with the 5 designated players at the end of the golden goal period. The winner of a coin toss will determine which team shoots first.
- 23.6. If the teams are still tied after the first round of 5, teams take turns shooting until any remaining bench players must shoot before any player can shoot a second time.
- 23.7. Players will shoot in the same order until a winner is determined after both teams have had equal opportunities.
- 23.8. There will be NO OVERTIME, GOLDEN GOAL, OR SHOOTOUT in Pool Play.

23. Forfeits: In the unlikely and or unfortunate event of a forfeit, the score will be reflected as 1-0. Points will be awarded to the winning team

24. Protests: The 5v5 RAC ATTACK does not allow any protests. Officials' decisions are to be respected regarding the interpretation of facts, judgements or rules within the game. In the event of a misinterpretation of a rule, the onsite Tournament Director will have Final Say.

25. Have a Blast!