



CASHMERE 5'S

OFFICIAL COMPETITION RULES

	MONDAYS Game Day	24 MIN Match Length	2 × 12 MIN Halves
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1. Field of Play

- Field size is approximately 35m x 25m for Cashmere 5's.
- The field is divided into two halves by halfway markers joining the midpoints of the two touchlines.
- The goal area is marked with cones, creating a 5m x 8m box from the centre of the goal.

2. Match Timings

- Each match is 24 minutes: two 12-minute halves with a 2-minute half-time break.
- Teams must be ready to kick off at their allocated start time so the competition schedule can stay on time.
- Each team will play two matches within its allocated one-hour time slot.
- The hooter will sound x3 times to start matches and to end matches
- The hooter will sound twice for halftime

3. Players

- A match is played by two teams, with no more than five players on the field for each team at one time.
- One of the five players must be the goalkeeper.

4. Substitutions

- Teams may have a maximum of three substitutes on match day. A team may take the field with no substitutes.
- Rolling substitutions are permitted. A substituted player may return later in the match.
- Rolling substitutions should be made when the ball is out of play. The referee's permission is not required.

- Any outfield player may change places with the goalkeeper. Goalkeeper changes should be limited to once per half, or made at half-time, to avoid extended stoppages. An injured goalkeeper may be changed when play is stopped.

5. Mercy Rule (+1 Rule)

- If a team is losing by five goals, that team may add one extra player to the field. Alternatively, the team leading may remove one player.
- The same principle may be applied for each additional five-goal margin.
- The purpose of the rule is to keep matches competitive, balanced and enjoyable for all players.

6. Goalkeeper

- The goal area is in operation.
- The goalkeeper may leave the goal area; while outside the area they are treated as an outfield player.
- The goalkeeper may use their hands only inside the goal area.
- The goalkeeper may return the ball into play with a throw from inside the goal area.
- The goalkeeper may not handle a deliberate pass or kick-in from a teammate, but may use their feet.
- After gaining possession, the goalkeeper must return the ball to play by throw or kick within four seconds.
- If the ball deflects off a cone used as a field marker, the cone is treated as part of the field of play.
- The goalkeeper may not kick or throw the ball over halfway on the full from their area.

7. Free Kicks

- **All free kicks are indirect.**
- Opponents must remain at least 4m from the location of the free kick.

8. Penalty Kicks

- A penalty kick is awarded when the defending team commits an offence inside its goal area.
- The penalty is taken from 5m from goal, at the edge of the goal area, from a point determined by the referee.
- The penalty taker must be clearly identified and is limited to a **two-step run-up**.
- The defending goalkeeper must remain on the goal line, facing the kicker and between the goalposts, until the ball is kicked.
- All other players must remain behind the ball.

9. Kick-Ins

- Kick-ins are used to restart play from either touchline when the ball leaves the field.
- Opponents must remain at least 4m away.
- A goal cannot be scored directly from a kick-in.

10. Goal Throws

- A goal throw is awarded when the whole ball crosses the goal line, having last touched an attacking player, and a goal has not been scored.
- The goalkeeper restarts play from inside the goal area using their hands only.
- All other players must remain outside the goal area until the goalkeeper releases the ball.

11. Corner Kicks

- A corner kick is awarded when the whole ball crosses the goal line, having last touched a defending player, and a goal has not been scored.
- A goal may be scored directly from a corner kick.
- The ball must be placed within 30cm of the nearest corner cone. The corner cone must not be moved.
- Opponents must remain at least 4m from the ball until it is in play.

12. Respect the Game

Cashmere 5's is a fun, community-focused competition. Players, coaches, supporters and officials are expected to show respect at all times and help create a positive environment for everyone involved.