

FOOTBALL FIVE A SIDE

Five-a-Side is an amateur game of football played between 2 teams of five players.

PITCH MEASUREMENT: Recommended pitch size of 36m (39.37yds) long by 18m (19.68yds) wide, where possible.

The pitch should remain rectangular with the length exceeding the breadth, the ratio being 2:1.

PENALTY SPOT: Measured 6m (6.56yds) from the midpoint of the goal line.

CENTRE SPOT: Centre of the pitch. Radius of 1m (1yrd).

GOALKEEPER'S AREA: Measured from the centre of the goal forming a semicircle at a radius of 7.5m (8.2yds).

GOAL POST: Suggested height of 1.22m (1.33yds) and 4.88m (5.34yds) in width and sometimes protrude into the goalkeepers area.

LINE WIDTH: 5cm (1.97in)

COLOUR: Typically red on indoor pitches and white on outdoor pitches.

MANAGER'S GUIDE

Pedestrian: 10 min.

Fastliner: 4 min.