

# 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 (3937yds) 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 (197in)

**Colour:** Typically red on indoor pitches and white on outdoor pitches.



MANAGERS GUIDE	
Pedestrian:	10min
Fastliner:	4min

