



Playing Rules

1. Each team will consist of **5 players**, four(4) field players and a designated goalkeeper clearly identifiable, on the field at any one time.
2. The match will consist of one, **30 minute game**. There will be continuous rolling clock. No stoppages.
3. **No Overhead Height Rule** - The ball must **NOT** be played above the height of the goal. An indirect free kick will be awarded against the last player to touch the ball before it goes above goal height, regardless of intent.
4. All restarts and Free-kicks are **indirect kicks (except Penalty Kicks which are direct)**. So balls out on sideline, corners, goalkicks, free-kicks for fouls are indirect and goals cannot be scored directly without the ball touching another player.
5. If a player touches the ball in the oppositions goalkeeper area, an indirect free-kick will be awarded at the point of contact with the ball.
6. If a defending player (other than the designated goalkeeper) touches the ball inside their OWN goalkeeper area a Penalty kick will be awarded to the opposition.
7. Goalkeepers are permitted to use their hands within their goalkeeper area. No other player other than the designated goalkeeper can use their hands within the goalkeeper area. A PK will be awarded if hands are used by any other player in the goalkeeper areas. Goalkeepers are permitted to leave their goalkeeper area but are not permitted to use their hands once they leave the area. Use of hands outside the area will result in an indirect free-kick to the attacking team.
8. A goal may be scored from any point within the field of play, by any player. All restarts (corners, free-kicks, kick-offs, goalkicks) are **indirect freekicks** and goals cannot be scored directly from restarts.
9. Goalkeepers are not allowed to punt the ball at any time.
10. If the ball goes out of play off the goalkeeper, the game will be restarted by a corner kick to the opposition.
11. The ball must never be played with the head even if it is below the height of the goal. An indirect free kick will be awarded for infringement.
12. No slide tackles are allowed. Infringement of this rule will lead to an indirect free kick being awarded against the offending players' team.
13. Team that wins the toss get to start the game. A goal cannot be scored directly from kick-off.
14. Substitutions are unlimited during the game, can only be made when the ball is dead and only with the Referees consent, and **MUST** be made from the centre line (Half field). Outgoing substitutes must

leave the field of play before the replacement enters the playing area. The oncoming players are active immediately and can receive the ball. Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances.

15. Teams may not change their goalkeeper more than once during the course of the game. A change of goalkeeper must be authorized by the referee.

16. Appropriate footwear must be worn by all players. All Players must wear shin pads. The wearing of any form of jewellery (including, without limitation, watches) is not permitted during play. Referees may refuse to allow players to play with inappropriate footwear, without shin pads and/or are wearing any form of jewellery.

17. Opposition players must be at least 3 yards from where any free-kick is taken.

18. The goalkeeper must be on the goal line when a penalty is being taken. They may move anywhere along the goal-line. Players may only take 2 steps whilst taking penalty.

Field Dimensions: Length: 35-40 yards. Width: 25-30 yards

Goal Area: 5 yard semi-circle. Distance taken from centre of goal.

Goal Size: 18ft wide by 4ft high