



## Match Rules

1. For 5 a side leagues each team may field four outfield players and a goalkeeper on the pitch at any one time (for 6 a side add one outfield player).
2. Substitutions are unlimited during the game. 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.
3. A change of goalkeeper must be acknowledged / authorized by the referee.
4. Moulded boots are recommended to be worn – **no screw in studded footwear**.
5. Shin pads **must be worn** by all players on the pitch.
6. No jewellery of any form is permitted to be worn at any time
7. Matches consist of two 20-minute halves with a five-minute break between halves.
8. Each half will begin with one team to take a centre with the other team starting the second half taking a centre. After a goal has been scored the game will be re-started by the team who conceded the goal taking a centre.
9. Only the goalkeeper is allowed to handle and play the ball inside the goal area.
10. If a defender enters their own D (goalkeeper's zone) a penalty kick will be awarded against his team from the spot.
11. If an attacking player enters the opponent's D (goalkeeper's zone) a free kick will be awarded to be taken by the goalkeeper.
12. A goalkeeper is able to handle the ball with either their hands or feet whilst inside their own D; including from a back pass.
13. Goalkeeper's distribution of the ball from the defensive D must either touch a teammate or bounce at least once within the defensive half before moving into the attacking half. If this does not occur, a free kick will be awarded on halfway to the opposing team.
14. A teammate receiving the ball from the goalkeeper may not return the ball directly to the goalkeeper - the ball must first be touched by another teammate or an opponent. A free kick will be awarded against the offending team from where the back pass was made.

15. If the keeper has possession of the ball outside of their own D (goalkeeper's zone) they cannot bring the ball back into their own D. A penalty kick will be awarded to the opposing team.
16. If the ball goes out of play, the game will be restarted by indirect free kick by the goalkeeper which end the ball went out.
17. A goal may be scored by any player.
18. **No slide tackles** are permitted with a free kick awarded against the offending team.
19. All free kicks will be **in-direct**.
20. Once a team has given five free kicks away in a half, each subsequent free kick will be given as a penalty to the opposing team.
21. Opposition players must be at least two meters from where any free-kick is taken. If a free kick is awarded on or near the goal area it can be moved up to two meters backwards to allow defenders to be two meters from the ball.
22. The goalkeeper must be on the goal line when a penalty is being taken. Players may only take one step whilst taking a penalty.
23. These League rules are not exhaustive and may be added to or amended at any time.
24. The Referees decision on all on-field matters is final and no discussions will be entered into either on or off the field with the referee about any decision. The Referees jurisdiction on disciplinary matters will apply until players have left the field of play. Players repeatedly disputing decisions may have further disciplinary action taken against them.