



**ALL FIFA RULES APPLY, WITH THE FOLLOWING EXCEPTIONS OR MODIFICATIONS.**

1. **A)** Teams will consist of 7 players, with a limit of 10 members per squad.  
**B)** A match may not start if either team consists of fewer than 4 players.  
**C)** For Mixed competition there must be **at least 3 female** players on the field at all times  
**D)** Defaulted games will result in a 3-0 loss for the defaulting team.  
**E)** If both teams default the match will be recorded as a 0-0 draw. No points will be awarded to either team.  
**F)** If a player plays for one team, he or she is not eligible to play for another team in the same competition group.
2. **a)** Substitutions can occur at any time and are unlimited. Roll on – roll off subs.  
**b)** Substitutes must enter from halfway and can only enter the field once the substitute player has left the field, also at halfway.  
**c)** Referee must be notified of any substitution.  
*A free kick from the halfway line will be awarded against any team not complying with the substitution rule.*
3. Games shall start and finish at the blast of the hooter. Games shall be 20 minutes each half. Therefore, games shall be 40 minutes in total with immediate turn around at half time.
4. Each team will play 1 game per night, managers will be responsible for finding out where games are taking place and for getting teams to the start of the games on time.
5. All players shall wear suitable footwear. No screw-in or metal studs will be allowed. Moulded soles are acceptable. **Shin pads are compulsory.**
6. Players are allowed inside the goal box area.
7. The Goalie is allowed out of the goal box area.
8. You may pass the ball back to the keeper, **but** the keeper cannot handle the ball with their hands if passed back by their own player.
9. Games include corners – one-step kick.
10. No slide-tackles shall be permitted. If committed, a direct free kick shall be awarded from where the tackle took place.
11. Any player or players are allowed within the goal box.
12. A ball leaving the goal box at any time cannot go over halfway without touching the ground or a player. A free kick is awarded on the halfway line to the opposing team. This applies to goal kicks, throws (GK), and passes back.



13. No offside rule
14. When the ball goes over the side-line play shall be restarted with a kick-in. This is a push pass, one foot by the ball the other foot “pushes” the ball into play. The ball must be played along the ground. A goal cannot be scored direct from a kick-in.
15. For all restarts of play (kick off, free kick, kick-in, goal-kick, corner etc) opponents must stand a minimum of 3 meters from where the kick is being taken.
16. Yellow card /sin-bin - If a player is sin-binned, they must wait behind their own goal. A sin-bin offence is the equivalent of a yellow card. This includes indecent or unsporting behaviour and persistent time wasting. Sin-bin duration will be 3 minutes. During this time, the sin-binned player’s team will be down by 1 player. (Players in the sinbin cannot be subbed.)
17. Red card/ Sending off - This will result in a minimum of a one week ban and further action may be taken by the disciplinary committee. Red card offences include serious foul play, striking or attempting to strike an opponent/referee, spitting at an opponent/referee, foul, or abusive language, or receiving a second caution (yellow card.)
18. A penalty kick is awarded against a team that commits an offence for which a direct free kick is awarded, inside its own penalty area and while the ball is in play. Penalty kick will be taking 7 feet from the goal line.
19. Managers will be responsible for the behaviour of players, parents & supporters. Any side-line behaviour which needs to be addressed will be brought to the attention of the team manager by the referee/club official. If the behaviour is not addressed the referee/club official will terminate the game and the case will be studied by the club’s disciplinary committee.
20. The club’s disciplinary committee reserves the right to expel any player or team from the competition without refund.