

## **PLAYING RULES**

- 1.1 Each team may field five outfield players and a goalkeeper on the pitch at any time.
  - 1.2 Substitutions can only be made at half-time. The exception to this will be for an injured player, the replacement player if coming on before half-time will be counted as one of the team's allowed half-time substitutions and will remain on the field of play for the second half. If there is an injury after half-time any of the players substituted may replace an injured player.
  - 1.3 Teams may not change their goalkeeper more than once during the course of the game (this is inclusive of half-time substitutions when a team may decide that is one of their substitutions).
  - 1.4 **No studded footwear or blades** are permitted to be worn by any player in the tournament. Only training shoes and astro boots may be worn. **ALL PLAYERS MUST WEAR SHIN PADS.** The wearing of any form of jewellery is **NOT** permitted during play.
  - 1.5 The match will consist of **two equal 5 minute halves**. With a 2 minute change of ends at half time
  - 1.6 Each half will begin with one team taking a centre. After a goal has been scored the game will be re-started in a similar manner.
  - 1.7 Only the defending goalkeeper is allowed to play the ball inside the goal area and only he may handle the ball in this area.
  - 1.8 An outfield player gaining or seeking to gain an advantage by entering his own goal area will have a **penalty kick** awarded against his team.
  - 1.9 An outfield player entering his opponent's penalty area will be penalised by the award of an **indirect free** kick against the offending team from where the infringement took place.
  - 1.10 A goalkeeper gaining or seeking to gain an advantage by leaving his area or by playing the ball when it is outside the area will cause a **penalty** to be awarded against his team.
  - 1.11 The goalkeeper **must return the ball into play by rolling it out of his area with an under-arm bowling action.** A team mate receiving it in this way may not return the ball directly to the goalkeeper - the ball must first make contact with another team mate or an opponent. Infringement will lead to an **indirect free** kick being awarded against the offending team from the place where the defending player returned the ball.
  - 1.12 **The ball must not be played above kick board height.** An indirect free kick will be awarded against the last player to touch the ball before it goes above kick board height, regardless of intent.
  - 1.13 The **ball must never be played with the head** even if it is below board height. An indirect free kick will be awarded for infringement.
  - 1.14 If the ball goes out of play (over the fence) and this is off the goalkeeper, the game will be restarted by the same goalkeeper **returning the ball into play by rolling it out of his area with an under-arm bowling action.** Rule 1.11 then applies.
  - 1.15 If the ball comes off the goalkeeper and goes above head or board height, play will continue.
  - 1.16 A goal may be scored from any point within the field of play. The only exception is that **goalkeepers may not score** against their opponents.
  - 1.17 **No slide tackles** are allowed. Infringement of this rule will lead to an **indirect free kick** being awarded against the offending player's team.
  - 1.18 **Free kicks for fouls are direct.** All other free kicks are indirect. Observe the referees signal. Opposition players must be at least five feet from where any free kick is taken. Players may only take one step before striking penalty kicks.
  - 1.19 In the knockout stages (not league phase), if the scores are level penalties will decide who progresses through to the next round. (No extra time is played). **Players may only take one step in taking a penalty.**
- Penalties consist of 3 per team - the winner is the team with the highest total. If scores are level after 3 penalties, the fourth, fifth and sixth player who finished the regular game **MUST** take the next penalties (inclusive of goalkeeper). Penalties from this point onwards (fourth penalty) are **SUDDEN DEATH**. No substitutes are allowed to take **ANY** of the penalties. After 6 penalties, if the scores are still level, teams continue to rotate kickers until a winner is decided. Goalkeepers can not be switched and must be same goalkeeper who started second half unless an injury has occurred which necessitated a change.

## **DISCIPLINARY RULES**

- 2.1 The decision of the referee in all matters pertaining to the playing rules of an individual game is final.
- 2.2 The decision of Goals management in all matters pertaining to the administration of the tournament is final.