

Match Rules

Playing Indoor Football

- THE TEAM**
 Teams consist of five (5) players, one of whom will be the goal-keeper, with a maximum of three (3) substitutes. No team can start with less than four (4) players, one of whom will be the goalkeeper, with a maximum of three (3) substitutes.
- THE GAME**
 The game is played in two halves with a break at halftime.
- OFFICIALS**
 The Stadium shall provide the referee who shall control the game, operate the scoreboard and act as a timekeeper. The referee's interpretation of the rules shall be final and teams have no choice in referees.
- UNIFORMS**
 All team members must have matching shirts after the fifth competition game - **Penalty: one goal per shirt.** Whilst styles may vary, colours must be the same. Striped tops must also be matching i.e. a blue top does not match with a blue and white striped top.
- GAME FEES**
 It is the captain's responsibility to ensure that complete game fees are paid before the game, otherwise the game cannot commence. The correct procedure is for the captain (or representative) to pay the game fee, place a tick on the team sheet next to the players participating in the game.
- COMPETITION POINTS**
 The position of each team in the competition shall be determined by the accumulated points awarded, based on the results of the games. The competition points shall be awarded as follows:

3	competition points for a win
2	competition points for a draw
1	competition point for a loss

In the event of a team entering late into the competition they shall be awarded average points for those games missed and those games will then be denoted as byes on the appropriate divisional ladder.



- TEAM LATE ON COURT**
 If a team does not have at least four (4) players on court, a penalty of one goal for every minute late shall apply. If eight minutes have elapsed the game is then defaulted. It is for this reason that we recommend teams to arrive, fill out their folder and be ready to play at least ten minutes prior to the scheduled game time.
- DEFAULTS**
 Teams failing to play a fixtured game may at the Stadium's discretion be REMOVED FROM COMPETITION.
- FINALS**
 At the end of the competition there will be a finals series. To qualify for the finals each player must have played at least one-third of the minor round games. Any drawn Finals, the higher qualifier will go through to the next round. Any drawn Grand Finals will play 2 minutes each way in full, if still drawn after this period a penalty shootout will apply. The five (5) players still on court including the goal keeper at the final whistle after extra time will take part in the shootout. All players will get (1) penalty shot each in any order the team wish, if the teams are still drawn then a sudden death shootout will apply in the same order as the first shootout until a winner is found.
- BEHAVIOUR**
 For the enjoyment of all, games are expected to be played in a sports-manlike manner. The Stadium reserves the right to dismiss any team or member thereof for threatening, offensive or abusive behaviour. The team shall be held responsible for the action of it's members and spectators both on and off the court.

Rules of Indoor Football

Indirect Free Kick: Must be taken no closer than 3 metres from the opposition goal 'D' and the ball must visually rotate before another player may play at it.
Direct Free Kick: Must be taken no closer than 3 meters from the opposition goal 'D' and all players must stand outside the line of the goal posts, unless a wall is called for. The Goal Keeper may stand anywhere in the goal 'D'.

GENERAL

- (A) All players must be 3 metres either side of the ball when a free kick is taken.
- (B) Free kicks must be taken within five seconds of the referee's whistle, or the free kick is reversed.
- (C) A free kick taken before the referee's whistle is blown may cause a reversal of the free kick.
- (D) Tackling from behind or by sliding is not allowed. Side tackles are allowed depending on the referee's discretion in the situation of a 50-50 ball.
- (E) Where a foul has occurred the referee may elect not to award a free kick and to allow play to continue under the ADVANTAGE RULE. The referee's decision is final.
- (F) a In summary Free Kicks are awarded for the following:
 - obstruction
 - time wasting
 - holding the nets
 - lifting the legs above hip height attempting to kick the ball
- (F) b Fouls are awarded for the following:
 - foul or abusive language
 - rough or dangerous play
 - threatening behaviour
- (G) Intentional handball will result in a penalty regardless of the whereabouts of the infringement. Unintentional handball will result in a free kick.
- (H) A player may not jump or stand into the net. Players cannot hold onto or support themselves by the net while playing the ball. A free kick shall apply.
- (I) A player's leg cannot be lifted above hip height when attempting to kick the ball.
- (J) With kick-offs the ball must be played backwards. If not, the kick-off will be reversed. Once kicked from the centre circle, opposition players may gain possession of the ball.
- (K) The ball is considered to be "live" at all times off all nets, although a goal cannot be scored directly from any net. If the ball has been played at and touched then a goal will be awarded, this is at the discretion of the referee.

- (L) The referee will "Drop Ball" if play is congested or deemed to be in a dangerous situation. Contesting players must wait for the ball to bounce once, after the referee has blown the whistle.
- (M) The FOUL SYSTEM means that after the fifth foul in one half, every foul or infringement thereafter is a direct free kick - NO WALL. However, this is optional for the team with the free kick. A wall is a minimum of two (2) players.
- (N) If a player is lying, sitting or deemed to be on the ground, they cannot play the ball, regardless of whether it was unintentional. This also included where a player has the ball kicked in to them while on the ground. Such infringement will result in a free kick.
- (O) A player in possession of or going for the ball may not be put off by an opposing player through means of yelling or any verbal abuse. This will result in a free kick and a possible booking depending on the referee's discretion.
- (P) A goal is scored when the whole ball has passed over the goal line.

PENALTY KICKS

- (A) A penalty is awarded for:
 - fouls on the attacking team inside the goal area
 - the goalkeeper leaving the area if deemed to be interfering with play
 - defensive players making contact with the ball inside the goal area
 - goalkeeper making contact with the ball while outside the goal area
 - goalkeeper holding onto the ball for more than 5 seconds
 - an attacking player being intentionally fouled in a clear goal scoring situation.
- (B) A player is only allowed to take 1 step before taking the direct free kick. If the referee is not satisfied it will then become goalkeeper's ball. If a goal was scored it is not counted.
- (C) When a player is taking a penalty shot, the goalkeeper must be stationary on the goal line until the ball has been kicked. A retake of the penalty shall apply.
- (D) Penalties must be taken in one fluent motion. If the referee is not satisfied that this is the case, the penalty will be disallowed and it will become goalkeeper's ball. The non-kicking foot must be next to the ball.
- (E) The ball is deemed "dead" from a penalty if not scored from, if the ball rebounds from the net/post and or Goal Keeper outside the Goal "D" the ball will be dead and given to the Goal Keeper to restart play. Please note the ball must bounce in his/her half when the ball is re-entered into play.

PLAYERS IN GOAL KEEPERS AREA

Players will not be penalised for accidentally being inside the goalkeepers area provided they do not come into contact with the ball.

NOTE:-

- (i) If an attacking player interferes with or obstructs the goalkeeper in any way a free kick will be awarded to the opposition.
- (ii) If a defending player comes into contact with the ball a penalty kick will be awarded to the opposition team.
- (iii) No player may attempt to obstruct an opponent from exiting the goalie's area. This offence will result in a yellow card and it will become goalkeepers ball.

GOALKEEPERS

- (A) The goalkeeper cannot kick a ball that is outside the goal area. A penalty kick applies for such a breach. The goalkeeper can however tap a ball away that is outside the goal area as long as his/her feet are still planted in the goal area.
- (B) The keeper is allowed to reach out of the "D" circle to gain possession of the ball with his/her hands (either standing, kneeling or lying down) provided no part of their body touches the ground outside the circle. Such infringement will result in a penalty.
- (C) The keeper is not penalised for crossing the circle after making a save provided he/she does not interfere with play or come into contact with the ball while he/she is out of the circle.
- (D) Goalkeepers can either throw or kick the ball into play. On a throw in the ball must bounce once in the goal keepers half before passing the centre line. If the ball does not bounce once before crossing the centre line a penalty free kick will result from such an infringement. Once the ball is deemed to be in control with the hands the ball must

- (D) Be thrown and or kicked but must bounce in their half before it travels over the centre line. The ball may not be entered into play any other way until touch and played at by another player, therefore if a goalkeeper throws it into the side net back into the Goal "D", the ball still must bounce in their half when entered back into play.
- (E) When a penalty is taken, the keeper must stand on the goal line and may not move before it is taken or it will be retaken.
- (F) The keeper has 5 seconds to get rid of the ball. A penalty will be awarded for such a time wasting breach, except if a substitution has been called.
- (G) Goalkeepers cannot hold on to the net when trying to reach out of the goal area for the ball. A free kick will result with a wall allowed on the line.
- (H) If a player changes position with the goalkeeper during the game without informing the referee and touches the ball, intentional hand ball will be called and a penalty will result.

● SUBSTITUTIONS

- (A) A substitution can be made by one or both teams when:
- Your keeper, or opposition keeper has possession of the ball, at feet and has arms crossed (The referee has been notified prior),
 - At half time,
 - Or in the event of an injury.
 - When a goal has been scored by either team.
- (B) A player cannot be substituted in the last three (3) minutes of each half except in the case of a serious injury, at the referee's discretion. A player who has been sent off (for 5 minutes) may re-enter during this period at the consent of the referee (i.e. whistle on play).
- (C) The maximum number of substitute players in any one team is three (3).
- (D) Any player may be replaced by a player who hasn't played the 1st half at the half time break, but no player whom hasn't played the 1st half or started the 2nd half on the court may enter the game.
- (E) A referee will send off any player that is bleeding, including goal keepers. Players will not be allowed to treat themselves on court. Players will not be allowed back on court until the referee is satisfied the flow of blood had ceased and the wound covered. A substitution is permitted during this period.

MISCONDUCT/SUSPENSIONS

A **Yellow card** is a 3 minute cool off period. This player may not be replaced, and must wait for a substitution opportunity to re-enter play at the referee's request.

A **Red card** is a serious offence or two (2) yellow cards, and this player is sent off for the remainder of the game, NOTE: However, this player may be replaced by a substitute once 5 minutes has elapsed, but the must wait for a substitution opportunity to re-enter play at the referee's request.

Depending on the severity of the incident's a player can be disqualified from the Centre altogether or suspended. This is up to the Duty Manager's discretion.

NOTE:- If 2 players get red carded and there are only 3 players left, the game will end and the score at the time will stand, or forfeit points will be awarded to the non-offending team (whichever is the highest score). When a game is cancelled due to misconduct, fees will not be refunded. In the event that a team is down to 3 players due to Yellow cards, then the first yellow-carded player will be allowed back on the court as the Goal Keeper only until his cool off period is over, to allow the game to continue.

In the event that a team is down to 3 players and a yellow carded player is in the goal keepers position all ready then, the game will end and the score at the time will stand, or forfeit points will be awarded to the non-offending team (whichever is the highest score). When a game is cancelled due to misconduct, fees will not be refunded.

Summary of Rules

● TACKLING FROM BEHIND

- No tackling whatsoever from behind a 180° plane
- Only exception is a 50-50 ball which is up to the discretion of the referee.

● LIFTING LEGS

- Referees will be strict on players lifting legs, above hip height in an attempt to kick the ball.
- If two players lift their leg at the same time , a drop ball will be called.

● PENALTIES

- A penalty must be taken in one fluent motion. A free kick doesn't have to be taken in one fluent motion.

● DROP BALL

- No drop balls will be called in the event that the ball hits the referee unless a clear disadvantage has occurred.

● OBSTRUCTION

- This is understood to be when a player, instead of playing the ball, places himself between the ball and the opponent going for the ball, making himself an obstacle to the opponent's involvement in play.

● PLAYER BOOKINGS

- The referee will let all players know when a red card has been issued.
- In the event of a player swearing whereby the whole center can clearly hear it, a red card may apply. Yellows cards may apply for minor swearing offences.
- Referees will stop play to book a player regardless of where the ball is unless in a very clear goal scoring situation.

● PLAYER WALLS

- If a player is taking a free shot with no wall and an opposition player crosses the path of his/her direct shot, the free kick is to be retaken at the same spot, not where the player ran across his path.
- No player can run across the path of a direct shot at and intercept an incoming shot.

● INSIDE THE D

- A player cannot in any way obstruct the goalkeeper in the D either physically or visually.
- A player cannot come into contact with the ball when it is inside the D, even if the player's feet are outside the D.
- The ball is deemed to be inside the D when at least half of it is in the semi circle.
- A player heading the ball which is clearly inside the D will be penalised accordingly.

● ADVANTAGE RULE

- In the event that the referee believes the team receiving a free kick will receive a distinct advantage by calling play on, the advantage rule will apply.

● DISALLOWED GOALS

- If the ball is to come off any net, it must be touched by a player (keeper included) before going in for a goal in order for it to stand.

● FOULS

- All fouls are recorded on the referee's scoresheet. When five team fouls have been accumulated, the referee will let both teams know in a loud and clear voice.
- When a team is taking a direct free kick and choose to have no wall due to the opposition having accumulated six fouls, the player with the free kick may take a shot.

● REVERSING FREE KICKS

- In the event that the buzzer has sounded to end the half and an indirect free kick has been awarded, half or full time will be called. In the event that a Direct free kick has been awarded, the kick will be allowed until such time the ball has rebounded from the post/net or Goalkeeper out of the Goal 'D', at this time half or full time will be called. Kick will not be reversed if the player does not wait for the whistle or takes longer than five seconds to dispose of the ball, half time or full tie will be called.

General Team and Referee Responsibilities

● SHIRTS

- In the event that a fill in player is organised by the Stadium, a penalty will still be awarded if he/she is not wearing a matching shirt. It is up to the team captain to obtain a matching shirt if the player is unable to get one.
- If bibs are supplied by the Stadium for a team to wear on the night, teams will still be penalised if shirts are not matching underneath the bibs.

● LATE TEAMS

- The clock is to start at game time. If a team is not ready within 1 minute then they will be penalised one goal per minute elapsed.
- A team is considered ready when there is a minimum of four players on court.

● TEAM CAPTAIN'S DUTIES

- After having paid, and have your team sheet ticked, the referee will allow the game to start.
- Under no circumstance will teams be allowed to pay part of the game fee on any one night. Unless the match fee is paid, the game will not commence.

● DRESS

- No players are permitted onto the court wearing jeans or non athletic type shoes.

● RACISM

- Racial abuse is a most serious offense under our rules and will subsequently be dealt with extreme severity. Any player heard racially abusing an opponent will be red-carded and possibly suspended.

● BLOOD RULE

- It is the responsibility of the referee to send off any player that is bleeding, including goalkeepers. Players will not be allowed to treat themselves on court. Players will not be back on until the referee is satisfied that the bleeding has stopped. This rule will be strictly adhered to for health and safety reasons.
- The wound must be securely covered and any blood stained clothing replaced to the satisfaction of the referee.

● REFEREE'S RESPONSIBILITIES

- A referee shall under no circumstance start until given the all clear by management.
- All referees will start the clock at the specified game time regardless of whether teams are ready.
- There is no reason for the clock to be stopped during a game except in the event of a serious injury.
- The referee shall have control of both the score and the time.
- The score appearing on the scoreboard at the end of the game remains final. If any discrepancy occurs during a game, the captain may approach the referee at that time.

Mixed Indoor Football

The same rules apply to mixed football as they do for open grades as outlined in this booklet, with the exception of three rules:

- (i) A team consists of four players and a goalkeeper on court at any given time. Of the four players on court, a minimum of two players must be females at all stages in a game.
- (ii) Only female players are permitted to take penalty shots.
- (iii) When a goal is scored by a female 2 points will be awarded except in a penalty. This rule is to encourage social involvement for all players.
- (iv) The goal-keeper position must be taken by a male, therefore allowing two females to play in the outfield. If a female wishes to play as a goal-keeper, she may do so, but there must still be two females in the outfield.
- (v) In the situation that three (3) or more females play in the out field, teams must stipulate and wear some identification which females are taking male positions. In this situation these female goals will only be worth one (1) goal at all times.
- (vi) A goal will only be awarded, if scored in the attacking half.