



Single Court Soccer Rules (Basic)

TEAMS

Each team consists of one goalie, three players in the field, maximum 3 substitutes.
One player must always be in the attacking half of the court.

SUBSTITUTES

Substitutes may join the game at any time **provided the substituted player has left the court.**
Goalies can only be substituted at quarter time or due to injury or send off.
Mixed teams must have at least one female on the court at all times or play one player short.
Games consist of four eight minute quarters with a thirty second half time break where teams change ends.

During the game the clock will not be stopped unless the referee believes an injury maybe serious enough that it warrants immediate medical help. Otherwise injured players should be substituted.

THE GOALKEEPERS CIRCLE

The goalkeeper's circle is clearly marked on the court, no one else is allowed in this area (free kick).
The goalie can only handle the ball while both his feet are inside this area. (*goalie is NOT allowed to handle the ball while it is outside the goal circle.*)

TACKLE RULE

Players may not slide tackle or tackle from behind including tackling between the legs of the player with the ball. (Penalty)

FREE KICKS

Cannot be shot directly at goal.
Must be played by a team member first.
Opposition must be back 2 metres.
Opposition players must be at least two metres away from any free kick or kick off.

PENALTY GOALS

When a player other than the keeper stops the ball inside the circle.
When a keeper deliberately handles the ball outside the circle.

FREE KICK OFFENCES

Free kicks are indirect unless stated differently by the referee. *Free kick offenses include:*

- Players holding the netting.
- If a ball is played above shoulder height (*not including deflections*).
- Playing at the ball while any part of your body other than your foot is grounded.
- Not allowing the ball to be brought out of the corners of the netting.
- Goalie playing ball back into circle (*once played outside circle goalie may NOT dribble ball back into goalie circle*).
- Goalie handling ball off his own player.
- Time wasting.

SINBIN or SENDING OFF OFFENCES

(*Referees discretion*)
Dangerous tackles.
Abuse toward referee or opposing team.
Foul language.
Deliberately kicking the ball while inside the circle (*this is deemed dangerous play, as the keeper has NO protection.*)
Player going inside the circle to stop a goal.
Goalie deliberately handling the ball outside the circle when a goal could have been scored. (*this is not in the spirit of the game*)

COURT LAYOUT

