



## 5 Aside Indoor Football Rules

*N.B. These rules may be adapted as required based on player safety and competition management and any changes will be communicated as they occur.*

STARTING PLAY:	Drop ball from the center between opposing players. Goal keepers must be in their goal areas.
DURATION:	The games are played in two 13 - minute halves. 1-minute half time and a 3-minute game transition with each game starting every 30 minutes. The clock will be started automatically so not to delay games.
PLAYERS:	There may be only 5 players per team on court at one time with one of them designated goalkeeper (See Goalie Area below). A team may comprise of as many players as desired however and they may join the competition whenever they are required. However, a player may only play for one team within the competition and the team they first start for will be their designated team unless they are deemed a Borrowed Player. See below the Borrowed Player rule.
DROP BALLS:	The referee may use a drop-ball to restart the game if no side is responsible for a given stoppage. The ball is always in play except: <ul style="list-style-type: none"><li>• when it perhaps gets stuck somewhere. A goal kick will then be awarded to the team last in possession.</li><li>• when a goal is scored. The goalie will restart the game.</li></ul>
FREE KICKS:	All free kicks to be indirect (means you can't shoot). 2m Rule. All defending players must be 2m or more away. In the event of a free kick less than 2m from the penalty area one defending player only can stand on the edge of the penalty area. If the attacking team feel that the defending player is too close the ball can be re-sited a little further back at the discretion of the referee.
BALL HEIGHT:	No ball is to be kicked above the height of the concrete wall. A free kick will be awarded to the opposing team for this type of infringement. Such a free kick is to be taken from the spot where the player infringed. If the goalie kicks the ball into play above the maximum height, they are warned once and asked to take the kick again. Further infringements will result in a penalty to the attacking team.
GENERAL PLAY:	There are no outs and play is continuous except for the stop of play for penalties. The ball may be rebounded of walls and still be considered in play if within the height permitted.
GOALIES AREA:	The Goalies Area is inside the white semi-circle. Goalies ARE ALLOWED out of this area BUT are only permitted up to halfway. Goalies are not permitted to handle ball with their hands outside the goalie area.

- SCORING:** Goals cannot be scored from your defensive half (so don't shoot from that far back). Goals cannot be scored from within the goal area. 2 points for female goals, 1 point for male goals. Deflections off defensive players from within the circle if taken from outside the circle are deemed a goal.
- SUBSTITUTES:** Substitutes are unlimited and can be made at any time (including the substitution of goalkeepers) - notification of the referee is not necessary. However, this must be done from the sideline (substitutes cannot enter the court before the 'replaced' player has stepped off). Replacing the goalkeeper with a player already on the court must be done when the goalkeeper is inside the goal area.
- FEMALE PLAYERS:** 2 points will be awarded for any goal scored by a female player.
- BORROWED PLAYER:** In the event of insufficient player numbers (less than 5) a team may call on a player from another team. **HOWEVER**, the opposition **MUST** be consulted & **MUST** agree to the borrowed player. **When this occurs, it must be notified to the referee that agreement has been made.** If the opposition do not agree to that player, then another player must be used. If you have a 'borrowed player' at the start of the game & a 'regular player' arrives late he/she must then replace the 'borrowed player' immediately.
- SIN BIN:** At the discretion of the referee a 5-minute sin bin rule will be in place. This to be managed by the timekeeper. If a player is 'sin binned' more than twice in game 1 goal will be deducted from their team's score.
- REFEREE DUTY:** Referees are supplied for this competition and their decision is final. Any questions, complaints or concerns must be done in writing within 48 hours of the completion of the game.
- DEFAULTS:** If a team fails to turn up for their game the result will be a 3-nil victory to the opposing team. If one (full) team is there ready to start at the correct start time, and the other team has not shown up, the full team receives 1 goal for every minute the other team doesn't show up - up to 5-0. If the other team doesn't show up after 5 minutes the game is deemed a default.
- COMMUNICATION:** This will be done via the Stadium's Facebook page with information, draws and results posted here. [www.facebook.com/StadiumStratford/](https://www.facebook.com/StadiumStratford/)
- Any questions or if in doubt call Steve 022 340 4450

\* NO SLIDE TACKLING \* NO HANDBALL- \* NO TACKLING FROM BEHIND