

# SOCIAL COMPETITION RULES - FOOTBALL

## [Football NSW rule book](#)

“These rules are based on the Football NSW Simplified Laws, with modifications specific to this Mixed 6-a-side competition.”

### Players & Eligibility

- Team size: Maximum (10) players
- On-field max: (6), min: (5) (otherwise forfeit)
- At least (2) females on-field at all times; non-binary players may self-identify
- All players must be registered and sign the team sheet before each game
- Players must have played a minimum of (4) games to qualify for finals

### Game Format

- 2 x 20-minute halves, 5-minute halftime
- Points can be scored from anywhere on the field

### Uniform & Safety

- No hats, jewellery (facial piercings taped), or unsafe items
- Shinpads are strongly recommended for player safety
- Footwear: moulded studs, blades, screw-ins, turf shoes, joggers, runners

### Fill-In / Borrowed Players

- Teams may use fill-in players if required to avoid a forfeit. A team must have at least 50% of their originally registered team present to take the court/field.

### Substitutions

- Unlimited substitutions permitted, but only for registered players
- Goalie subs must be cleared with referee

### Blood Rule

- Players with visible blood must be substituted immediately
- Can return only after referee confirms bleeding has stopped

### Competition-Specific Modifications

- No offside
- Slide tackles not permitted (1st offence = yellow, 2nd = red)

### Forfeits

- Forfeits: Game forfeited if not started within 10 minutes of scheduled time. Forfeiting team: -3 points, 0 score difference. Opposition: +3 points, +20 score difference. No refunds for forfeited games

### Competition Points

- Win = 3 points Draw = 1 point Loss = 0 points Forfeit = -3 points Bye = 0 points



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## Finals Format

- Top 4 teams in each division play: 1 v 4, 2 v 3; all other games are friendly



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