

# SOCIAL COMPETITION RULES - FOOTBALL

## Players

- Minimum two (2) females on the court at any given time, non-binary athletes may self-identify which gender they represent.
- The maximum number of players on a team is twelve (12).
- The maximum number of players on the field at any given time is seven (7).
- The minimum number of players on field without incurring a forfeit is six (6).
- All players to sign the registration sheet before each match
- All players must remove objects such as watches/jewellery (taping of facial jewellery is expected) that may be dangerous to other players. A wedding band or a medic alert bracelet may be worn, but must be appropriately taped. Spectacles can be worn provided they do not pose a significant danger to others, and players do so at their own risk. Hats are also not permitted.
- All participating players are to be correctly attired in team uniforms.
- Moulded stud soccer boots, blades and screw-in soccer boots are permitted. Astro turf, touch football shoes (rubber soled), Joggers and Runners are also acceptable.
- Players must wear shinpads as they are necessary for player safety.
- Players must have played a minimum of 4 games to qualify playing in the finals.

## Length

- Games comprise of two (2) twenty (20) minute halves with a five (3) minute break at half time.

## Methods Of Scoring

- Points can be scored from anywhere on the field

## Substitutions

- Can be made at any point in the game, provided the player leaves the field completely prior to the substitute player entering the field.
- A goalie substitution must be cleared with the referee.
- There is no limit to the number of subs that can be made by a team, provided they do not utilise unregistered players.

## Blood Rule

- Any player with visible blood or bleeding on their clothing or person must be substituted immediately, and may not return until the umpire is satisfied that the bleeding has stopped. The umpire will stop play to allow for teams to make a substitution

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## Forfeits

- Teams that forfeit their game will not be refunded for the game forfeited. Teams who have their opposition forfeit will not be refunded but will be awarded 3 points for the win and added goal difference. Macquarie University Sports and Aquatic Centre staff will endeavour for a friendly game to still go ahead with a different opposition.  
A team must attend every game coordinated for the season or notify U@MQ if they cannot attend a fixtured game. In this instance a forfeit will result.
- A forfeit may be declared if a game does not start within 10 minutes of the allocated starting time.
- If a team forfeits their match, the opposing team will be awarded a win +3 and added score difference of 5 points. The forfeiting team will receive - 3 points on the premiership ladder and added score difference of 0.

## General Rules

*All rules are as per FFA football rules with the following exceptions and guidelines:*

- **Start of Play**
  - a) Team captains are to toss the coin in the presence of the referee with the winning captain's team receiving possession for the commencement of the first half and the choice of direction for the first half.
- **Off-side**
  - a) There is no offside ruling in seven-a-side soccer.
- **Slide tackles**
  - a) Slide tackles are NOT permitted and players are must stay on their feet at all times. Players will receive a yellow card for their first slide tackle and will be sent off for their second slide tackle.
- **Free kicks**
  - a) All free kicks are to be indirect if the infringement occurs outside the penalty area (the penalty area is a radius of 3m, measured from each goal post). To score off an indirect free kick, another player must touch the ball before the ball enters the goal. Players taking free kicks cannot kick the ball twice (i.e. they must pass the ball). Defending players must move back 4m from the ball, and cannot move any closer until the ball has been kicked. The ball must be stationary before the free kick is taken. Free kicks will be awarded for:
    - b) plays in a dangerous manner
    - c) impedes the progress of an opponent by obstructing his path with the intention to prevent him from progressing forward
    - d) prevents goal keeper from releasing the ball from his hands



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- **Penalties**
  - a) A penalty is awarded if a player from the defending team commits a foul against an opponent within the penalty area that is deemed to be a direct free kick in the FFA laws, the offences shall be noted individually i.e
  - b) Kicks or attempts to kick an opponent, trips or attempts to trip an opponent, jumps at an opponent, charges at an opponent, strikes or attempts to strike at an opponent, pushes an opponent, holds an opponent, spits at an opponent, handles the ball deliberately (except for the goalkeeper) in their own penalty area. A penalty will be taken from the top of the penalty area. All players (except for the goal keeper and the penalty taker) must stand outside the penalty area until the ball is kicked. Goalkeepers must stay on the goal line but can move side to side. NOTE: If the ground is not properly marked with a penalty area, it is up to the referee to adjudicate where the semi circle is.
- **Yellow cards – caution**
  - a) Yellow Cards will be awarded to players guilty of misconduct and unsportsmanlike behaviour, including but not limited to: kicking or tripping an opponent, attempting to kick or trip an opponent, jumping or charging at an opponent in a violent or dangerous manner, holding or pushing an opponent, deliberately and intentionally handling, carrying or propelling the ball with a hand or arm, or dissent or abuse to a referee's decision
- **Red card – sent off**
  - a) A player can be sent off the field if, in the opinion of the referee, the offending player is guilty of serious misconduct, including but not limited to: violent conduct, serious foul play (eg. spitting, punching, striking), using foul or abusive language or from receiving a 2nd yellow card.
  - b) A player can also be sent off if an obvious goal scoring opportunity has been denied through the defending player's intentional handball or serious foul play. Players that have been sent off cannot return to the field, they must leave the oval and cannot be replaced.
- **Goal-keeper**
  - a) Must only handle the ball inside the semi-circle or within 3 metre radius from the goal post. Otherwise the Goal Keeper is free to leave the penalty area and act as an extra player, without using their hands
- **Back passes**
  - a) The Goal Keeper cannot pick the ball up if: it has been thrown by a team-mate off a throw-in, or if the ball has been intentionally passed back. Otherwise an indirect free kick is awarded to the opposing team from where the infringement occurred.
  - b) The Goal Keeper can pick the ball up if: the back pass was unintentional, or if the ball was headed, chested or thighed back.
- **Handball**
  - a) It is handball if: players deliberately use their hand, arm to control, handle, carry, strike or propel the ball, or if the player doesn't make a reasonable attempt to move their hand out of path of the ball. • It is not handball if: it is blatantly accidental, if the player is protecting their face (or other sensitive areas) when the ball strikes them, or if the player makes a reasonable attempt to move their hands out of the way (despite there still being contact with the ball and the hands).



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- **Throw-ins**
  - a) The ball must be thrown from right behind the head without using a twisting motion of the arms. The throw-in must be taken with both feet behind the line, and both feet must be kept on the ground before and after the throw. The goalkeeper cannot touch the ball with his hands after has received it directly from a throw-in by his team mate - indirect free kick from where the offence occurred would take place
- **Goal kicks**
  - a) Are taken inside the penalty area and the ball must be stationary. Goal kicks are awarded when the attacking team kicks the ball over their opponent's goal line.
- **Finals Procedures**
  - a) In the event of a draw in the finals, teams will go to extra time consisting of two (2) five (5) minute halves and the team that scores first wins the game. If the game is still drawn at the completion of ten (10) minutes extra time, there will be a penalty shoot-out consisting of five (5) players from each team. In the event of a draw after five (5) shots are made by each team, the penalty shoot-out becomes sudden death, with the first team scoring awarded the win.

## Competition Points

- Win = 3 Points
- Draw = 1 Point
- Loss = 0 Point
- Forfeit = -3 Points

