



## Football Rules and Regulations

**Objective - Get the ball in the back of the opposition goal as many times as possible**

### **Quick list of Rules**

- There are no off-sides
- The Goal-keeper drop kick the ball out of their hands
- No player on player slide tackling
- Players may still slide to block a pass / shot as long as they do not come into contact with a player during the action.
- Goal Keepers are still allowed to slide as long as they are within the goal area.
- No verbal abuse towards the referee or players – we're all here to have fun!

### **Comprehensive List of Rules**

Introduction - The following is a comprehensive list of rules and regulations relating to the playing of 5-A-Side Football at Embassy Sports Zone, Manyata

### **Team Structure**

- There will be a maximum of 5 players per team on the field at any one time
- Each team may field 4 outfield players and a goalkeeper on the pitch at any one time
- There can be 3 substitutes at any one time and can be replaced with any players on the field with referee's permission
- Each team can use a maximum of 8 players per game unless prior permission is given by the referee

### **Substitutions**

- Substitutions are unlimited during the game, can only be made when the ball is out of play and only with the Referees consent
- Outgoing substitutes must leave the field of play at the halfway line and before the replacement enters the playing area
- The oncoming players are active immediately and can receive the ball.
- Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances
- A change of goalkeeper must be authorized by the referee





### **Game Structure**

- The match will consist of two equal halves
- The length of each half of league games will be 10 minutes
- The length of each half of the knock out stage games will be 15 minutes
- The first half will begin with one team taking a center; the second half will begin with the other team taking a center
- After a goal has been scored the game will be re-started by the team who conceded the goal taking a center
- The ball may be kicked forward or backward from the kick-off (center), however a goal cannot be scored directly from a kick-off
- Half-Time will be a straight change around with a two minute break

### **Re-Starting the game**

- If the ball goes out of play over the side-line an indirect free kick will be awarded from the spot on the sideline.
- If the ball goes out of play behind the end line, a corner kick or a goal kick will be awarded depending on which team had the final touch

### **Special Rules pertaining to goalkeeper distribution:**

#### **Goal Kick**

- The goal kick must be taken from the ground
- The ball can be placed anywhere inside the penalty area
- They must either throw it or place the ball on the ground and play it with their feet.
- However once they place the ball on the ground it is then deemed in play and they cannot pick it back up again
- If the Goalkeeper makes a save and collects the ball in their hands they cannot kick the ball directly out of their hands
- If the Goalkeeper kicks the ball out of their hands, an in-direct free kick is to be awarded to the opposition where the ball lands

#### **Free Kicks and Penalty Kicks**

- All free kicks with the exception of the goalkeeper being penalized for incorrect distribution are as per FIFA rules
- Opposition players must be at least Five meters from where any free-kick is taken
- If opposing players do not retreat the required Five (5) meters the kick may be moved forward one meter
- A penalty kick will be placed directly in the center of the goal, eight (8) meters from the goal line
- The Goalkeeper must be on the goal line when a penalty is being taken.
- A penalty kick will be awarded for any infringement of the laws of the game inside the penalty area





### **Player Safety**

- The wearing of any form of jewelry (including watches) is not permitted during play.
- Suitable footwear must be worn. Turf shoes are recommended but football boots with molded blades or molded studs are acceptable
- Football boots with removable sprigs or boots with metal cleats are not allowed as they cause damage to the artificial turf.
- The organizers strongly recommend that all players wear shin pads, but this is not compulsory
- Organizers and venue owners will not take any responsibility for injuries caused to players not wearing shin pads as it is understood that this is the individual players own decision
- Dangerous tackles will be punished with either a yellow or red card
- Anyone instigating or retaliating with violent behavior will be immediately shown a red card

### **Disciplinary**

- One final warning will be given to any player who the referee feels needs to tone down their behavior either towards the referee or towards the opposition.
- After a player has received the warning, he will be shown a straight red for continuous indiscipline.

### **Yellow Card & Red Cards**

- A player who receives two yellow cards in one game must leave the field of play for the entire game
- A player who receives a straight red card must leave the field of play immediately and for the entire game
- A player who is sent off cannot be replaced by another player
- If a player is given a red card whilst off the field of play (for unacceptable conduct on the side-line), the team must correspondingly reduce the number of players on the field.

### **DISPUTES/DISCIPLINE**

- The Referees decision on all on-field matters is final and no discussions will be entered into either on or off the field with him about any decision
- Players repeatedly disputing decisions may have further disciplinary action taken against them
- Teams with a valid complaint against a match official must be put in writing within 30 mins of the match taking place else the complaint won't be entertained
- Any complaint should be addressed to the organizers

