

# Rules of 5-a-side

## Forfeits

Every minute a team is late, the opposing team gain one goal up to a maximum of 5.

## Substitutions

Substitutions can be made at any point during the game and are "rolling" but must notify the referee. Play will not stop for substitutions. There is no limit to the amount of substitutions a team can make.

## Goalkeepers and Goal Areas

Only the designated goalkeeper is allowed inside the designated goal area. If there are two players in the designated goal area during a shot from the opposition then a penalty will be given.

If the goalkeeper leaves the area for any reason during play then a penalty will be given to the opposing team.

If any defending players touch the ball in the area a penalty may be given at the referee's discretion.

If an attacking player goes into the goal area, a goal kick will be awarded. If the attacker's foot is inside the area when they shoot, the goal will be disallowed. If momentum takes the attacker into the area but the shot left their foot before their foot entered into the area the goal will be given.

Goalkeepers can roll, throw or kick the ball out. If the goalkeeper throws, kicks or rolls the ball out over head height an indirect free kick will be awarded to the opposing team from the kick off spot.

## Free Kicks, Back Passes, Penalties and Head Height

All free kicks must be taken indirectly. The ball must be placed at the point of the foul and can be taken by any player. The opposing team must be one metre from the ball when a free kick is taken.

Goals will not be awarded if scored directly from a free kick.

A free kick can be given for one of the following: (1) the ball going over head height, whether that be a deflection or kicked directly from a player. It's whoever it hits last. (2) charging (3) roughness (4) Handball (5) dangerous play (5) slide tackles (6) lack of control in a tackle (7) time wasting

The referee is able to include a sin bin for two minutes as well as a free kick if they feel it's necessary.

Back passes to the goalkeeper ARE allowed. The goalkeeper is allowed to pick the ball up from a back pass.

Multiple back passes to a goalkeeper will be reviewed at the referee's discretion and a free kick can be awarded if they feel it's getting ridiculous.

A free kick will be awarded against the last player to touch the ball before it goes above head height.

Any rebounds off goalkeepers that go over head height will result in play carrying on.

The penalty taker can only take one step before their penalty kick. The penalty taker is not permitted to run-up to the ball before taking the shot.

## Other

The referee's decisions on the pitch are final.