



Senior 5 Aside Rules

Introduction

The following is a list of rules and regulations relating to the playing of Summer 5-A-Side Football 2020.

- **THIS IS A SOCIAL 5 ASIDE COMPETITION WITH THE EMPHASIS ON FUN WHILE PLAYING FOOTBALL.**
- **THERE ARE NO REFEREES – TEAMS WILL REFEREE THEMSELVES.**
- **ALL TEAMS ARE MADE UP BY PARENTS/PLAYERS THEMSELVES. THE CLUB DOES NOT MAKE UP THE TEAMS FOR ENTRY.**

Player Safety

1. **NO SLIDE TACKLES ARE ALLOWED.**
 - a. Infringement of this rule will lead to a free kick being awarded against the offending players' team.
2. **THE WEARING OF ANY FORM OF JEWELLERY (INCLUDING WATCHES, EARRINGS & FITBITS) IS NOT PERMITTED DURING PLAY.**
3. **WE STRONGLY RECOMMEND THAT ALL PLAYERS WEAR SHIN PADS.**
 - a. We 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/responsibility.
4. **FOOTWEAR:**
 - a. Sand shoes or football boots with moulded studs are permitted.
 - b. No Bare Feet.
 - c. Boots with Screw in Studs are not permitted.

Team Structure

1. There will be a maximum of 5 players per team on the field at any one time.
2. Each team may field four outfield players and a goalkeeper on the pitch at any one time
3. Each team must have a minimum of 2 females on as outfield players at any one time.
4. Each team can use a maximum of 10 players per game.
5. Outfield players are to be wearing the same coloured shirts.
6. In advent that 2 teams have the same coloured shirts, the team that is down second on the draw will need to change their shirt colour to one that will not clash, or wear a different coloured bib.
7. Sections will be:
 - Senior - Players must be 15 yrs or older in 2019. (Born 2004 or earlier).
 - Youth - Players must be aged between 11 to 14yrs old (Born 2005-2008).
 - Junior - Players must be aged between 8 to 10yrs old (Born 2009-2011). (Dependent on team entries if this section will go ahead.)

Substitutions

1. Substitutions are unlimited during the game.
2. Outgoing substitutes must leave the field of play before the replacement enters the playing area.
3. On coming players can only enter the field of play when the ball is out of play.
4. The oncoming players are active immediately and can receive the ball.
5. Substitutes must stand outside the pitch area and spectators must not enter the field of play under any circumstances.
6. Teams may not change their goalkeeper until half time.
 - Unless it is an injury related change.
 - Injured goalkeeper cannot take part in the remainder of the game.

Game Structure

1. The match will consist of two halves.
2. The length of each half will be 12 minutes.
3. Hooter.
 - a. A hooter will sound to start the game at the allotted start time.
 - b. The hooter will sound at the end of the first half.
 - c. **There will not be a hooter to start the second half.** Both teams change ends and the game will restart when both teams are ready.
 - d. The hooter will sound for the end of the game.
4. The first half will begin with one team passing from the centre line; the second half will begin with the other team passing from the centre line.
5. After a goal has been scored the game will be re-started by the team who conceded the goal by passing from the centre line.
6. Half time will be a straight change around with one minute added to the second half to allow the change of ends.

Uniforms

As this is a fun competition, no club uniforms are provided. Teams are asked that all players in their team wear one coloured t shirt to identify team members, (eg. All wear red t shirts) or teams can arrange their own screenprinted t shirts at their cost. Coloured bibs may also be worn if easier.

Field Restrictions

1. There are two marked goal areas on the pitch.
2. Only the defending goalkeeper is allowed to play the ball inside the goal area and only he/she may handle the ball in this area.
3. An outfield player gaining or seeking to gain an advantage by entering his own goal area will have a free kick awarded against his team.
4. An outfield player entering his opponent's penalty area to gain advantage will be penalized. The game will be re-started from the goalkeeper with a free kick.
 - a. If momentum on a shot carries the attacking player in the box and no contact between the attacker and the goalkeeper occurs, this will be deemed acceptable.

General Play

1. There are no off-sides.
2. A goal may be scored from any point within the field of play.

- a. Exceptions are that goalkeepers may not score in the opponents goal directly from a goal kick or a throw from within their goalkeeper area unless it is touched by an outfield player.
- b. Goals cannot be scored directly from a side line kick in or directly from the kick off unless the ball is touched by another player.
- c. Goals cannot be scored directly from within the goal area. All goals must be scored from a point within the field of play.

Re-Starting the game

1. 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.
2. If a corner is awarded the ball will restart from the defending goalkeeper. Corners are recorded on the scorecards to help decide a potential winner of the game.
3. If the ball goes out of play over the sideline, a kick in will be awarded to the team that was not the last to touch the ball before it went out of play.

Goalkeepers

1. Are allowed to leave their Goal area but cannot cross the halfway line.
2. The goalkeeper can only take the ball outside of the goal area in an in-play situation. (ball has not left the field of play).
3. The goalkeeper cannot take the ball back into the goal area if they initially were the one to take it outside the area unless it has since been touched by another player from either team.
4. The goalkeeper must return the ball into play from an out of field occasion by kicking it from the ground out of his/ her area.
5. The goal keeper can throw or kick the ball from an in play situation.
6. The ball cannot cross half way on the full if it has been kicked or thrown from inside the goal area.
7. The goalkeeper has a maximum of 5 seconds to return the ball into play.
8. Teams must provide their own goalkeeper gloves if required.

Scoring

The scorecards at each field will ask you to record both Goals scored and Corners achieved for both teams.

- The team with the most goals at the conclusion of the game will win.
- If the goals scored are the same for both teams then the team that has the most corners awarded to them will be deemed the winner.
- If both the goals and the corners are the same for both teams at the conclusion of the game then a draw will be the result.

Points

Win = 3 points
 Draw = 1 Point
 Loss = 0 points

Free Kicks

1. All free kicks will be in-direct.
2. Opposition players must be at least one metre from where any free kick is taken.

- a. If opposing players do not retreat the required one metre, the kick may be moved forward one metre.

Disciplinary Action

1. A player who is being continually being brought to the attention of the organizers may have a ban imposed.
2. Violent conduct will not be tolerated and the person / persons involved will be banned from the competition.
3. In the case serious foul play or foul/abusive language a suspension will be placed against the offending player/s of **2 weeks**, or longer should the organizers deem this necessary.
4. Teams that continue to have poor player discipline may be removed from the competition.
5. Players playing whilst suspended will have a further three week ban added to the end of their current suspension and the team will lose 12 points.

Inquiries / Complaints

Any inquiries or complaints can be emailed to Vicki: secretary@pukekoheafc.com

Any complaints relating to conduct or results need to be emailed within 48 Hours.