



PLAYING RULES

For matches a team may field four outfield players and a goalkeeper on the pitch at any one time. Teams can only use a maximum of 8 players in each individual game. Mixed games must have 2 female players outfield at all times for 5-a-side and 6-a-side.

Substitutions are unlimited during the game, can be made at any time as long as the referee is aware and the substitution happens quickly. Outgoing substitutes must leave the field of play before the replacement enters the playing area. Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances.

Teams can change their goalkeeper during the game but only when the ball is dead and the referee must be notified.

Screw in studded footwear or blades are NOT advised to be worn by any player at any point on Goals Australia's pitches. Only training shoes, moulded soles and astro boots are advised. Bladed soles and screw in footwear are not advised due to an increased chance personal injury with this footwear.

All Players are advised to wear shin pads. All players play at their own risk at Goals Australia and are fully aware of the increased possibility of injury without proper safety equipment. Referees will constantly advise about shin pads to remind players that we want players to wear shin pads.

The wearing of any form of jewellery (including, without limitation, watches) is not advised during play. Jewellery can get caught easily and players should avoid playing with jewellery.

Referees may refuse to allow players to play with inappropriate footwear, without shin pads and/or are wearing any form of jewellery.

The match will consist of two equal halves. The length of half will be 20 mins unless determined by Goals Australia.

The first half will begin with one team kicking off from the centre; the second half will begin with the other team kicking off from the centre. After a goal has been scored the game will be re-started by the team who conceded the goal kicking off from the centre. Both teams must be in their own half at kick off. Play is not live until the ball is played after the referees whistle.

Only the defending goalkeeper is allowed to play the ball inside the goal area and only he may handle the ball in this area.

A goalkeeper gaining or seeking to gain an advantage by leaving his area or by playing the ball when it is outside the area will have a penalty awarded against his team. A goalkeeper who leaves his box immediately before, during or as part of a save will have a penalty awarded against them.

An outfield player gaining or seeking to gain an advantage by entering his own goal area will have a penalty kick awarded against his team.

An outfield player entering his opponent's penalty area will be penalized. The game will be re-started from the goalkeeper.

The goalkeeper can return the ball into play by throwing it or kicking it.

The goalkeeper can only score if he plays the ball from the ground, the ball must be placed on the ground and be stationary before he kicks it. No drop kick goals are allowed.

The first player to receive the ball from his goalkeeper cannot pass it back to the goalkeeper. A penalty will be awarded against the offending team.

If the ball goes out of play off the goalkeeper, the game will be restarted by the same goalkeeper as 'goalie's ball'.



PLAYING RULES (cont.)

No sliding or slide tackles are allowed. Infringement of this rule will lead to a free kick being awarded against the offending players' team, a player who commits a slide tackle will receive an automatic yellow card and may be sin binned at the referee's discretion.

If the last defending player commits a foul the team will be penalized with a penalty and the player who committed the foul will receive a yellow card and a 2 min sin bin.

All free kicks will be indirect.

Opposition players must be at least two meters from where any freekick is taken. If opposing players do not retreat the required two meters they may receive a yellow card. Free kicks less than 2 metres from the goal area of the opposition team will be moved back to the 2 metre mark to allow opposition defenders an opportunity to defend.

The Goalkeeper must be on the goal line when a penalty is being taken. Players may only take one step whilst taking a penalty. If any doubt, Referees will demonstrate prior to the kick.

White Line on the area is Goalkeepers ball.

These League Rules are not exhaustive and may be added to or amended at any time.

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. The Referees jurisdiction on disciplinary matters will apply until players have entered the changing rooms. 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 48 hours of the said match. The complaint should be addressed to Goals Australia Management, who will make a decision. This decision is final.

A player sent off for a second offence may be suspended for a minimum of 1 WEEK. A straight red card will result in an automatic 1 WEEK suspension. In the case serious foul play, foul or abusive language the suspension may be extended should Goals Australia deem this necessary.

If a player is given a red card whilst off the field of play (for unacceptable conduct on the sideline), the team must correspondingly reduce the number of players on the field.

If a team is 3 players or less for any reason the match will end. The result will be awarded 10-0 to their opponents. If the score at the time produces a goal difference greater than 10-0 then that score will stand.

If a match is abandoned for any reason the team at fault will receive a 10-0 defeat unless the opposing team already has a greater advantage in which case the score will stand. If both teams are judged to be at fault the game will be void and both teams may be deducted 5 points.

Violent conduct on or off the pitch will result in the immediate suspension of the individual and could result in a ban from Goals Australia premises. Goals Australia reserve the right to ban an individual or team from further participation in any or all activities within Goals Australia. Any teams found not cooperating with Goals Australia or attempting to deceive could be removed from the league program.

Referees must be treated with respect from all teams. Teams found guilty of abusing Referees will be removed from the Leagues, as will Teams in material or persistent breach of these Rules.

The decision of Goals Australia management in all matters pertaining to the administration of the league is final.