

- 6-A-SIDE - (Squad of 8)
- 2 FLEXI SUBS – Any player - multi-use. Wait for a break in play on the referee’s whistle or when the ball is in possession of the goalkeeper. Make the referee aware of intent when the ball is dead or safe in the goalkeeper’s possession
- NO RUNNING, JOGGING - On or off the ball – BY ANY PLAYER - TO INCLUDE THE GOALKEEPER - If the goalkeeper jogs, runs into position in the penalty area, runs to save a corner, and no clear goal scoring opportunity has been denied, a free kick 3 mtrs outside of the penalty area closest to the point where the infringement occurred is awarded to the opposition. If the goalkeeper runs across to make a save on a goal-bound effort or denies a clear goal scoring opportunity by their action, a penalty is awarded to the opposition - this will include running across to make a blocking save anywhere in the penalty area
- RUNNING INFLUENCING PLAY - Any player running into a position linking up with play, receiving a pass, affecting play directly or pulling away defensive players by a run, intercepting the ball, moving to the ball, running onto the ball in the process of shooting, shall for a 1st offence: free kick against. 2nd offence: free kick against and a warning. 3rd offence: 2-minute Sin Bin. Should a Sin Bin returning player further infringe the walking rule, a free kick is awarded against that person and the totting up process again continues
- MINIMAL CONTACT TACKLING ONLY – No heel, ankle rapping from side or behind. Any heavy/aggressive, reckless or dangerous tackling will result in an automatic 2-minute Sin Bin. Any further incident during the match from the Sin Binned player on their return from the time sanction will result in a Red Card sending off. That player plays no further part in that match
- NO SHOULDER CHARGES PERMITTED - If contact is minimal or accidental - a free kick will be given to the opponent of anyone considered to have shoulder charged/barged. A player guilty of shoulder charging/barging in an excessive, aggressive, reckless manner will be Sin Binned. A player shoulder charging or barging an opponent into a barrier or wall shall be Red Carded and play no further part in the match
- PLAYERS MAY NOT PHYSICALLY STEP ACROSS AN OPPONENT TO BLOCK THEM FROM ATTEMPTING TO GET TO THE BALL, OR GAIN AN ADVANTAGE BY SUCH AN ACT - Obstruction and a free kick to the opposition
- NO SLIDE TACKLES OR SLIDE BLOCKS - A slide tackle occurrence is a Blue Card 2-minute Sin Bin. The slide block is deemed a lesser offence and carries a free kick against sanction
- PLAYERS GROUNDED (ON THE FLOOR) MAY NOT PLAY AT THE BALL WHILST NOT ON THEIR FEET - Free kick to the opposition
- CORNERS, KICK-INS PART OF PLAY
- NO ENTRY INTO PENALTY AREA ‘D’ BY ANY OUTFIELD PLAYER – the exception being by momentum & no advantage gained. If the defender has stepped into the penalty area in the process of blocking a shot, shielding the ball, shepherding the ball back to the goalkeeper, playing the ball from within the penalty area, a penalty kick shall be awarded against the defender. If a defender steps into the penalty area to cut across the space, or denies a clear goal scoring opportunity a penalty shall also be awarded against that player. Should an attacking player step into the penalty area by momentum after a shot from outside the area which results in a goal, the goal shall stand, otherwise for any other occasion where the attacker has stepped into the penalty area, a free kick is awarded to the goalkeeper to be taken where the infringement occurred. A player pushed into the penalty area will have a free kick awarded in their favour.
- NO GOALKEEPER EGRESS FROM PENALTY AREA – except by momentum, or if sliding forward whilst making a save and the ball and goalkeeper’s upper body have not left the penalty area. The goalkeeper cannot slide forward in making a save and make contact with the ball outside of the penalty area. If the goalkeeper egresses from the penalty area - a penalty is awarded to the opposition. If a goalkeeper egresses from the penalty area to intercept a ball, halt a player's progress or deny a clear goal scoring opportunity, a penalty is awarded to the opposition and the goalkeeper is Sin Binned for 2 minutes. Should the goalkeeper egress from the penalty area and makes a cynical/aggressive/reckless challenge to deny a goal scoring opportunity, a penalty is awarded against the team of the goalkeeper, that player will receive a Red Card and play no further part in that game
- THE WHOLE OF THE BALL HAS TO BE OVER ANY LINE TO BE CONSIDERED OUT OF PLAY OR INSIDE/OUTSIDE THE PENALTY AREA

- PENALTIES - One step rule. A player takes one step back from the ball and elects to kick it from there or plants one foot beside the ball (one step) and kicks the ball with the other. If a player has taken two steps or more and scores, the goal is disallowed and the kick retaken. If the player has taken two steps or more and misses or has the shot saved, the kick is not to be retaken and play resumes
- ALL FREE KICKS ARE INDIRECT – A goal can be awarded if the ball deflects off an opposing player or the goalkeeper touches the ball on its way into the goal before a second touch by a player from the same team
- IF THE REFEREE HAS STOPPED PLAY WITH A BLOW OF THE WHISTLE, PLAY CAN ONLY RESUME WITH A BLOW OF THE WHISTLE FROM THE REFEREE - No quick free kicks without defences being in position and the referee blows the whistle to resume play
- TEAMS CANNOT SCORE DIRECTLY FROM THE KICK-OFF UNLESS THE BALL HAS BEEN PASSED TO A TEAM MATE
- 3 MTR EXCLUSION ON PLAYERS ON ALL DEAD BALL SITUATIONS - Should a player not have retreated 3 metres from a dead ball situation, the referee will pace out 3 metres and assert where the player shall place themselves. If that player still has not retreated the referee will warn the player that should they not move immediately, that player will be Sin Binned. The referee shall Sin Bin any player that has not heeded the directive
- OFFENSIVE FREE KICKS NEAR PENALTY AREA LINE – Move ball back 3 mtrs to allow defence opportunity to position themselves between ball and goal. Play cannot resume until the defence has positioned themselves and the referee has resumed play by whistle (no quick play permitted)
- NO BALL HEAD HEIGHT RESTRICTION – The ball can be above head height but NO HEADING permitted. A player heading the ball results in a free kick to opposition.
- GOALKEEPERS MAY RECEIVE BACK PASSES & CAN CHOOSE TO THROW THE BALL OUT OR ELECT TO KICK IT OUT INTO PLAY. THEY MAY ALSO PICK UP & DROP TO KICK
- NO RESTRICTION ON TIME THE GOALKEEPER HAS TO PLAY THE BALL OUT OF THE AREA – But the Referee may warn the keeper of time wasting. Should the warning not be heeded, a free kick may be awarded 3 mtrs centrally outside the penalty area
- NO RESTRICTION ON PASS BACKS / PASS OUTS BY THE DEFENCE & GOALKEEPER – But the Referee may warn the team in possession of the ball that they need to progress play forward (time wasting, undesirable sportsmanship.) Should the warning not be heeded, the Referee may award a free kick at the point where the warning was not heeded to the opposition for time wasting / poor sportsmanship. If the goalkeeper is penalised for time wasting, the ball is placed 3 mtrs outside the penalty area
- GOALS CAN BE SCORED FROM ANY OUTFIELD POSITION
- A 'SIN BIN' 2-MINUTE TIME OUT IS IN EFFECT FOR PERSISTENT OR MORE SERIOUS OFFENCES. THE REFEREE'S DECISION IS FINAL & SHOULD BE RESPECTED & CARRIED OUT WITHOUT DELAY
- A ZERO TOLERANCE OF DISSENT, ABUSE, ARGUMENTATIVE BEHAVIOUR, SWEARING, SARCASM TOWARDS THE REFEREE IS IN EFFECT - A player will be Sin Binned for such offences. Prolonged or extreme abuse to an official will result in a Red Card and that player plays no further part in that match
- ANY PLAYER SWEARING ABUSIVELY AT OPPONENT PLAYERS, TEAM MATES, OFFICIALS, TEAM STAFF OR SPECTATORS WILL RESULT IN A SIN BIN SANCTION
- ANY THREE SAME OR THREE VARIETY OF INFRINGEMENTS RESULT IN A BLUE CARD SIN BIN 2-MINUTE TIME-OUT ON THE TOTTING UP PROCEDURE. A player returning from a Sin Bin time out will again proceed on the totting up procedure should any further infringements occur
- A PLAYER SENT OFF ON A RED CARD FOR VIOLENT CONDUCT (ie kicking out, throwing a punch or

head-butting) will play no further part in the tournament on that particular day. Dependent on the circumstances and level of violence, the guilty player may also be disqualified from further participation in the tournament

- A PLAYER SENT OFF TAKING NO FURTHER PART IN THAT MATCH. A TEAM MAY SUBSTITUTE THE SENT OFF PLAYER AFTER A PERIOD OF 5-MINUTES OR A GOAL HAS BEEN CONCEEDED – Whichever occurs first