



5-A-SIDE RULES

Five players on the field at any one time. One must be the goalkeeper

- Mixed Teams, at **least 2 female players** must always be on the field of play. If only one female is available, then the team may only play with 4 players in total including the keeper.
- Rolling subs apply
- Goalkeeper only allowed in defensive circle and must remain in the semi-circle
- **Ball can be passed back to keeper** who may stop it with any part of the body,
- When the goalkeeper receives the ball or is ready to restart play, up to 4 seconds is allowed to release the ball, If the keeper takes longer an indirect free kick is awarded outside the area. Throw out must always be underarm. **Goalkeeper cannot kick the ball out to players, must be a throw out.**
- Entry into semi-circle by attacking or defensive player is an **indirect** free kick one metre from the edge of the area
- Corners apply
- Ball must not be played above shoulder height. However final shot at goal is allowed over shoulder height
- A deflection over shoulder height is play on
- Over height ball is an indirect free kick
- Defensive players must be at least one metre back from free kicks and throw-ins
- Throw-ins will be kicked in from the sideline
- There are no off-sides
- **Under no circumstances are slide tackles permitted.** Repeat offenders will be removed from the competition
- Sandshoes, blades or molded sole studded boots are permitted to be worn. No screw in metal studs are allowed
- Shin pads are recommended to be worn. OFC will not be responsible for any injuries incurred if shin pads are not worn
- **There are no referees**, players are responsible for their own actions on the pitch and agree to abide by fair play rules when taking the field. Any incidents involving individuals in teams will result in the expulsion of the team from the league at the organizers discretion.
- Each member of the team must all play in the same color, **team strips are compulsory**. Please try to stay away from black or white shirts as the majority of teams do this and bibs are often required.
- Teams must notify organizers at least 24hrs prior if they cannot field a team for the week, failure to notify a no-show will result in the teams' expulsion from the league.