



RULES & REGULATIONS

1. EACH TEAM CONSISTS OF BETWEEN 5 AND 10 PLAYERS. PLAYERS MAY NOT PLAY FOR MORE THAN ONE TEAM.
2. GAMES ARE 40 MINUTES IN TOTAL – 20 MINUTES A HALF.
3. NO TACKLING FROM BEHIND OR SLIDING TACKLES ALLOWED. NO TWO-ON-ONE TACKLES ALLOWED.
4. ALL FREE KICKS ARE DIRECT. FOR PENALTIES, THE KICKER MAY ONLY MOVE HIS/HER KICKING FOOT.
5. IF THE REFEREE GIVES A PLAYER A YELLOW CARD, HE/SHE IS SENT OFF FOR 2 MINUTES. IF THE REFEREE GIVES A PLAYER A RED CARD, HE/SHE IS SENT OFF FOR THE REST OF THE GAME.
6. GOALKEEPERS MAY ONLY HANDLE THE BALL IN GOALKEEPERS BOX AND MAY NOT PICK UP THE BALL FROM A BACK PASS (“BACK PASS” = PASS FROM A MEMBER OF TEAM). GOALKEEPERS MAY NOT DROP KICK OR PUNT THE BALL.
7. ONCE A PLAYER IS IN THE CORNER CIRCLE, OPPONENTS MAY NOT TACKLE THAT PLAYER. HOWEVER, THE PLAYER HAS 5 SECONDS TO PASS THE BALL OR LEAVE THE CIRCLE AND MAY NOT RE-ENTER IF HE/SHE MAINTAINS POSSESSION OF THE BALL. FAILURE TO COMPLY WITH THIS WILL LEAD TO A FREE KICK FOR THE OPPOSITION.
8. IF THE BALL GOES OUT OF PLAY, THE LAST TEAM TO TOUCH THE BALL LOSES POSSESSION. THE OPPOSITION EITHER CONTINUES BY PASSING THE BALL FROM WHERE IT WENT OUT OR FROM A CORNER OR GOAL KICK.
9. IF A TEAM IS LATE FOR THEIR GAME, FOR EVERY 5 MINUTES THEY ARE LATE THE OPPOSITION IS AWARDED A GOAL. AFTER 15 MINUTES THE GAME IS CALLED OFF.
10. THE REFEREE'S DECISION IS FINAL. NO ABUSIVE, RACIST AND/OR AGGRESSIVE BEHAVIOUR TOWARDS THE REFEREES AND/OR PLAYERS WILL BE TOLERATED.
11. ANY MISCONDUCT WHATSOEVER AT THE FRIENDS IN SPORT ARENA WILL NOT BE TOLERATED AND WILL BE DEALT WITH BY MANAGEMENT ACCORDINGLY. MANAGEMENT'S DECISION IS FINAL.
12. PLAYERS OR VISITORS WILL BE HELD LIABLE FOR ANY INTENTIONAL OR MALICIOUS DAMAGE DONE TO THE PROPERTY OR FACILITIES AT THE FRIENDS IN SPORT ARENA.
13. FRIENDS IN SPORT, ITS MANAGEMENT AND EMPLOYEES WILL NOT BE HELD LIABLE FOR ANY INJURY, LOSS OR DAMAGE SUFFERED BY ANY PLAYERS OR VISITORS ON THE FRIENDS IN SPORT PREMISES.
14. FRIENDS IN SPORT RESERVES THE RIGHT TO AMEND OR RELAX ANY OF THE ABOVE RULES AS THEY DEEM NECESSARY.